

A WORK OF PLAIN PRACTICAL UTILITY.

COOKERY
AND DOMESTIC ECONOMY,
FOR
YOUNG HOUSEWIVES.

Including Directions for Servants.

BY THE MISTRESS OF A FAMILY.

"Who can find a virtuous woman? for her price is far above rubies. She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up and call her blessed; her husband also, and he praiseth her.—*Proverbs.*

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JUNIOR AND COMPANY, DUBLIN; GEORGE PHILIP, LIVERPOOL;
W. MCCOMB, BELFAST; JOHN McLEOD, GLASGOW; LEWIS
SMITH, ABERDEEN; AND SOLD BY ALL BOOKSELLERS.

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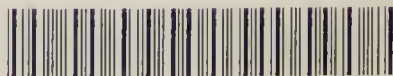


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P R E F A C E.

THE present work has been designed and written entirely with a view to *practical utility*, and for the information of those young Housewives in the middle ranks of society, who have not had the benefit of regular instructions in the affairs of the kitchen. My reason for attempting to compose such a work, may be explained in a few words. All the cookery books, both of an old and new date, which I have been able to procure, appear to be written chiefly as remembrancers for professed cooks, or as guides in the extensive kitchens of the higher classes of persons, where economy is not supposed to be a matter of importance. The greater part of their recipes are consequently written on a principle of lavish expenditure, and refer to a great number of things which are never seen at the tables of the frugal and industrious orders of the community, or things which it is much cheaper for a small family to buy ready made than to manufacture at home. Excellent, therefore, as many of these works are, they are generally unsuitable for popular and practical use. Housewives who have occasion to consult them upon emergencies, uniformly complain *that they cannot understand them*, and that, if they did, they could not afford to follow them as guides. It is with the humble hope of remedying these deficiencies that the present treatise is presented to the public. It has, as I have said, been designed expressly for the use of Housewives who study simplicity and economy in the preparation of food, and who require explicit directions for their guidance. Every recipe—every advice—every little piece of information, is the result of personal experience. I have set down nothing on trust, or

merely because others said it; and in all parts have endeavoured to write in so plain a manner—detailing one by one every step in the process of preparing the various dishes—that any inexperienced person, I should think, could find no difficulty both in comprehending the directions and acting upon them.

It would have been very easy to extend the work to double or treble its present size, by adding a mass of miscellaneous recipes usually appended to works professing to inculcate domestic economy. But I have judged it to be preferable to present an *useful* and *cheap* rather than a bulky work; and, as it is, I believe that nothing of the least consequence has been omitted. The time, it may be fairly presumed, has gone by, when a Housewife required directions for making candles, soap, vinegar, shoe-blackening, cement, varnish, dye-stuffs, and a thousand other things which form the subject-matter of systems of household economy, and to attend to which would really transform a quiet comfortable dwelling into an extensive drysalting establishment or manufactory. No, no; it is not thus that the good wife is to prove her excellence to her husband, or to benefit her family; while not inattentive to the important concerns of the kitchen, her time may for the most part be employed to infinitely greater advantage in those moral and ornamental pursuits which at once dignify and render home a scene of happiness.

EDINBURGH, *March* 1838.

COOKERY AND DOMESTIC ECONOMY.

COOKERY.

COOKERY is an art upon which so much of our daily comfort and health depends, that it is of the highest importance that it be well performed. Every housewife may not be able to procure the finest kinds of food, but every one has it in her power to make the most of that which she does procure. By a certain degree of skill and attention, very humble fare may be dressed in such a manner that it will almost rival the most expensive dishes, in both savouriness and nutritiousness. A good housewife suffers nothing to be lost or spoiled. Mere scraps, which a careless individual would perhaps throw away, are put to a proper use, and, by means of certain auxiliary seasoning, brought to table in a new and attractive guise. Even if little or nothing be absolutely saved by these economical arrangements, the dressing of food in a tasteful manner is a point of some importance. When a dish has a slovenly appearance, is smoked, underdone, or prepared with rancid or unclean seasoning, both the eye and the appetite are offended, which is a serious evil in itself, independently of the injury which may possibly be done to the stomach of the eater. In every respect, therefore, it is consistent with good judgment to prepare food for the table in the most tasteful and agreeable manner.

One of the chief points to be attended to in cookery is *cleanliness*—scrupulous cleanliness in every department of the

business of the kitchen. The hands of the cook, in particular, should be always clean ; that is, washed every time after doing any kind of work which has soiled them, or before proceeding to handle meat for dressing. She should also be careful in having her hair always neatly trimmed up, so that no loose hairs may drop into the dishes. The next point of regulation is to keep all the saucepans and other utensils perfectly clean in their inner parts, and also in the insides of the lids ; carefully washing with hot water, and scouring when necessary. If the cooking utensils are not kept thoroughly clean, they will be very apt to taint the food prepared in them, and will certainly detract from the agreeable taste of the dishes. It is the duty of every housewife, either in her own person or by her deputy, the housekeeper, to see that these and all other rules affecting the cleanliness of the kitchen are attended to by servants, for she is understood to be responsible both for the wholesomeness and the tidy appearance of the dishes presented at table.

Another essential point in cookery is *attention*. Many persons think they have done all that is necessary, when they have fairly commenced or set a-going any particular process in cooking. They seem to imagine that they may safely leave a roast to roast by itself, or leave a pot with soup or broth to boil by itself, and that they have only to go back to the fire at a certain time, and that they will find the things ready for dishing. Now, this kind of inattention is certain to spoil the best meat ever put to a fire. Some processes require much less attention than others, but none can be properly performed if left long to itself. A good cook is pretty frequent in her visits to the fire, to see how the operation of dressing is going on, and seizes the proper moment in giving her assistance.

Perfection in the art of cookery is only attainable by lengthened experience, and a careful study of the qualities of meats, and the application of sauces and seasonings. It is chiefly in knowing how to make and apply sauces that a

cook shows her skill. I therefore recommend this branch of the art to very careful attention. The directions which are given under the head SAUCES will convey a sufficiency of *general* information on the subject, and, along with a little practice and good taste, will enable the cook to impart the proper flavour to the dishes which she is preparing.

MARKETING AND CHOICE OF MEAT.

A young and thriftily disposed housewife will, if possible, proceed to market herself, in order to lay in butcher-meat and other fresh provisions for her family. By this plan she will possess two advantages—that of selecting the best pieces, and of getting them at the lowest price. The frequency of her visits to the market will, of course, depend on the number of her family, and their taste as to the staleness or freshness of the meat to be purchased. If circumstances permit, it is advisable to purchase a whole week's provisions at a time, at least the chief things which will be required for the ensuing eight days. I would recommend a housewife to act upon a system in varying the kinds of meat which she buys, not only as they may be suitable to the seasons, but as calculated to promote the health of a family. It is of considerable consequence that food should be varied; indeed, sameness of diet will produce the most injurious effects, whatever be the quality of the food which is taken. Let the housewife, therefore, exercise a little ingenuity and judgment in her marketing expeditions, contriving to present at table a succession of different descriptions of animal and vegetable food; as, for example, sometimes meat roasted and sometimes boiled or stewed; sometimes fresh meat and sometimes salted; sometimes butcher-meat and sometimes fish; and so on, according to taste and other circumstances. It does not necessarily follow, that, in thus varying the bill of fare, greater expense is incurred than if the same kind of articles were continually purchased.

The best meat is that which is moderately fat. If it be

lean, or almost free of fat, it is an indication that the animal has been ill fed, and that the meat will prove tough and tasteless. Avoid lean beef—it forms wretched fare, and will be dear at any price. The fat of good beef is slightly yellowish; the fat of good mutton is pure white. The flesh of both beef and mutton should be of a clear red colour. The mutton of black-faced sheep, or Southdowns, is the most tender and sweet, and may be known by the shortness of the shank. Mutton is in perfection at between four and five years, but is seldom to be had older than three years. Cow and bull beef are considerably inferior to ox beef.

In choosing lamb, select that which has a delicate appearance and is perfectly fresh. Young veal has a dark and flabby look, and is tasteless when dressed. Veal is best when the animal is between four and six months old. The flesh is then white and delicate, and is firm in the fibre. Pork should be white and delicate like veal, and thin in the skin. Lamb, veal, pork, and all other young or white meat, should be fresh, and not bought long before being used.

Fowls, ducks, and other feathered animals, should be purchased young, and should all be firm and fleshy to the touch. If the thin bone which projects over the belly feel hard on being handled, the animal is old; if it feel softish like gristle, the animal is young. This is the safest rule for choosing young feathered animals. The age of game is of little consequence, as it is hung for a considerable length of time before dressing.

All kinds of fish, except salmon, should be purchased as fresh as possible. Freshness in cod, haddock, and generally all fish, is indicated by stiffness in all parts of the body, and a clear glittering appearance in the scales. Freshness is likewise known by the smell. If there be the least staleness, the fish has an offensive odour. As tricks are sometimes performed with the eyes and gills, freshness of appearance in these is not to be trusted.

It is very difficult to ascertain when eggs are perfectly fresh. There are different rules on the subject, but they are

all liable to failure. One mode of judging, is to hold the egg between the eye and the light of a candle, shadowing the eye with the hand ; if the appearance is universally luminous without any cloudiness, the egg is fresh ; if cloudy or not uniformly luminous, it is probable that the egg is unfit for use.

Butter may be easily selected by the taste and the smell ; but in buying both eggs and butter, it is best to deal with a person on whom you can rely, as it is troublesome to be continually seeking out and examining these articles to determine their freshness.

Good ham and bacon have a fresh savoury smell ; the fat is white, and free from any yellowness. If it be yellow, reject it, as it will soon become rank and rusty.

Flour for culinary purposes should be new and fresh. Old flour is liable to spoil and become full of animal life, in which condition it is unfit for pastry and other dishes.

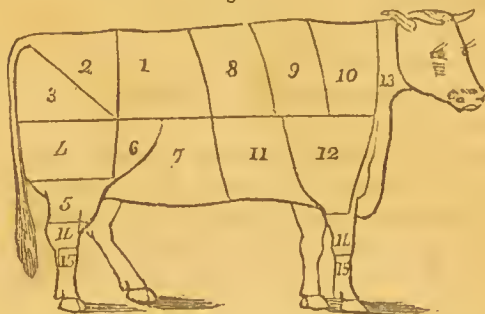
The best kind of salt for the kitchen is that which is purchased in lumps and cut down. This kind is less rank than the coarse sea-salt, and in England is not higher priced.

CUTTING UP MEAT.

Butcher-meat is not cut up in the same manner in all parts of the country. There are two chief plans of cutting followed—the English and the Scotch plan, and consequently the pieces of meat in a carcass differ in number, size, and name, in England and Scotland. This circumstance creates a certain degree of difficulty in giving directions for cooking ; and to obviate this as much as possible, I subjoin the following drawings and explanations. These will assist a housewife in sending to market for what pieces of meat she requires.

Figure 1 represents a bullock marked for cutting up on the English plan. No. 1 is the loin or sirloin, 2 the rump, 3 theitch or edge bone, 4 buttock, 5 hook, 6 thick flank, 7 thin flank, 8 fore rib, 9 middle rib, 10 chuck rib, 11 brisket, 12 leg of mutton piece, 13 clod, sticking, and neck pieces,

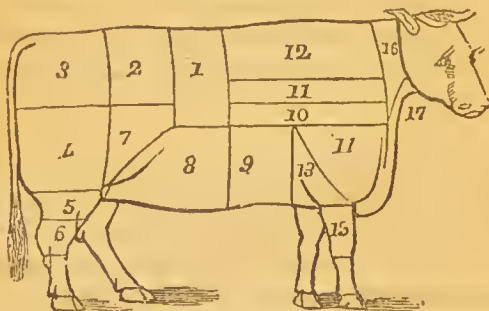
14 shin, and 15 the leg. From 1 to 7 is the hind quarter, Figure 1.



and from 8 to 15 is the fore quarter. No. 1 and 2 on both sides, united, constitute what is called a *baron of beef*.

Figure 2 represents a bullock marked for cutting up on the Scotch plan. No. 1 is the sirloin or back sye, 2 the hook bone, 3 buttock, 4 large round (3 and 4 together make the

Figure 2.



rump), 5 small round, 6 hough, 7 thick flank, 8 thin flank, 9 nineholes, 10 and 11 large and small runner, 12 spare rib or fore sye, 13 brisket, 14 shoulder lyer, 15 nap or shin, 16 neck, and 17 the sticking piece. From 1 to 8 is the hind quarter, and from 9 to 17 is the fore quarter.

According to the English plan, the meat is cut up more advantageously for roasting and broiling than by the Scotch plan. For instance, the rump and iteh bone, No. 2 and 3, figure 1, are cut in such a manner that the meat affords a

much better steak than when cut as in figure 2. The Scotch plan, on the other hand, gives more pieces for boiling ; and thus each way seems suitable to the taste of the people who have respectively adopted them.

Figure 3 represents the English plan of cutting up mutton. No. 1, extending across and marked as a circle, is the shoulder, 2 is the scrag end of the neck, 3 breast, 4 loin, 5 leg, 6 best end of neck. The slanting line betwixt 4 and 5, is the division of the fore and hind quarter. The dotted line across the shoulder, shows where the neck is separated from the breast after the shoulder is off. Two loins united, form a *saddle* of mutton.

Figure 3.

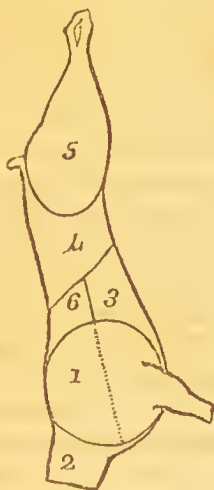


Figure 4.

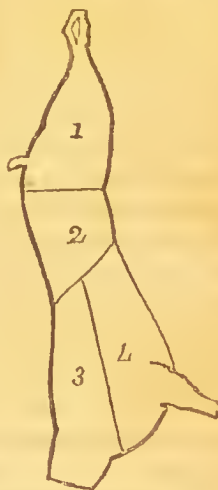


Figure 4 represents a side of mutton marked for cutting on the Scotch plan. No. 1 is the gigot, 2 the loin, and both together form the hind quarter ; 3 is the back ribs, and 4 the breast, both forming the fore quarter. Lamb is cut up in the same manner, when not sold in quarters.

Veal is usually cut up both in England and Scotland in a manner somewhat uniting the plans for cutting beef and mutton. A fillet, which is believed to be the most elegant

joint, is cut from the upper part of the hind leg, being partly of the buttock and flank. The piece at the extremity of the loin is called the chump.

KILLING FOWLS, &c.

Fowls, rabbits, and some other animals, being sometimes purchased alive, and the beauty of their appearance, when they are dressed, depending in some measure on their being killed in a proper manner, it is necessary that a cook should learn how to kill them most expeditiously and neatly.

A turkey is killed by passing a small pen-knife into the mouth, and cutting it below the tongue, then passing the knife up through the head into the brain. After this, hang it up by the feet to let it bleed freely. All smaller fowls are killed by pulling and dislocating the neck at the head. In killing geese and ducks, commence by tying a string round the beak; then fix the wings by turning the pinions on the back to prevent fluttering. After this, make an incision or cut across the upper part of the neck, close to the head, and suspend by the feet, to bleed freely. A rabbit is killed by holding it by the hind legs, letting the head hang downwards, and then giving it a smart blow with the edge of the hand behind the ears. All feathered animals should be kept a short time with their feathers on after being killed, and not *drawn*, or gutted, till they are to be used. Furred animals should not be skinned till they are to be used, but should be *paunched* or gutted as soon as they are cold.

THE LARDER—KEEPING MEAT.

A larder is a place where fresh meat is kept till it is in a fit state for being cooked, and where cold meat or any other kind of food may be set aside. The larder should be cool and dry, with the outer air playing freely through it. It should also be impervious to vermin or insects, particularly flies. Two or three shelves, and a few strong iron hooks for hanging the meat, are the only furniture.

Beef and mutton are always improved by hanging some time after being killed before they are cooked. The length of time which they may be kept, depends on the state of the weather. The best weather for the purpose is when the atmosphere is cool, clear, and dry ; in such circumstances, beef and mutton may hang from four to ten days ; mutton, if well managed, may hang a fortnight or even three weeks. A moist thick atmosphere is the worst for keeping meat ; and when it occurs, great care must be taken with the contents of the larder. The meat should be wiped daily with a cloth, to free it as much as possible from the moisture that gathers upon all meat when kept for many days. In all cases, fresh meat should hang from a hook, and not be laid on a plate. Should meat contract mustiness by keeping, it may be restored by washing in vinegar or camomile tea.

In most instances, fresh meat is cooked too soon after being killed, a circumstance perhaps arising from the general deficiency of proper larders, and the dread of the meat being spoiled. The consequence is, that, instead of being tender and palatable, the meat is tough and disagreeable, and not so nutritious or so easily digested as it ought to be.

While beef and mutton may, with great propriety, be kept some days to become tender, veal, lamb, and pork (being young or white meat), will not endure keeping more than a day, or two days at the utmost. Game may be kept for two or three weeks, that which is feathered being kept with the feathers on, and hares being embowelled or paunched. All kinds of fish, except salmon, are best when cooked as soon after being caught as possible. Salmon gains in richness of flavour by being kept two or three days, although there is a prejudice to the contrary in some places.

A fowl will keep a week, and a turkey a fortnight. A goose will not keep above nine or ten days. Great care should be taken in picking feathered animals which have been kept, for their skin will in such a case be easily torn.

Keeping cold meat.—When newly cooked meat is brought

from table, and has to be set aside for after use, put it on a clean dry dish ; if any liquor or gravy be left about it, the meat is apt to become sour. The drier and more cool that cold meat is kept, the better. Cold meat is always best when it has not been cut while warm, as in that case the juices have not run out, but remain to enrich the meat.

Vegetables.—Vegetables of all kinds should be used as soon after gathering as possible. They begin to ferment, and to lose both their flavour and their wholesomeness, very shortly after being taken from the ground. When they have necessarily to be kept for a day or two, place them in a perfectly dry and cool situation, but not exposed to currents of wind. Keep also each kind of vegetable separate from another, to prevent contamination of flavour. They should never be washed or placed in water, till immediately before being used.

The vegetables in most common use, are potatoes, cabbages or greens, turnips of a small size, carrots, and onions—which are to be procured nearly all the year round ; also cauliflower, brocoli, green peas, leeks, rhubarb, French beans, parsnips, horse-radish, sea-kale, celery, lettuce or salads, spinach, asparagus, and parsley—which are to be had only in particular seasons. Turnips and carrots may be kept for several weeks after pulling, by putting them in earth, or under a turf in a back green. This is a great accommodation to a family which has not a kitchen garden, and is distant from market.

There is a class of vegetables called *sweet herbs*, which are used for seasoning certain dishes or preparations. The most common, and the best, are mint, thyme, knotted marjoram, winter savoury, and sage. If these be purchased fresh and green, they may be dried for future use, by being hung up in bunches in a dry situation.

COOKING AND KITCHEN APPARATUS.

KITCHEN RANGE.—The most important part of the cooking apparatus is the range or grate. In general, too little care

is bestowed by young persons when setting up housekeeping, in making a proper choice of this article. A common error consists in buying ranges which are too large, and which consume a great deal more fuel than is necessary, either for cooking or giving forth heat. One of the chief points in housekeeping, is to cook victuals with the smallest possible quantity of coal. To effect this desirable object, let the range be of a small size, consisting of a fireplace in the centre, large enough for only one vessel, with an oven upon the one side and a boiler on the other; the boiler also going round the back of the fireplace; the top of the whole to be flat. The fire in the grate will thus heat the water in the boiler without any trouble, and will in a great measure render the use of a kitchen kettle unnecessary. The fire will also assist greatly in heating the oven, which at least will at all times heat dinner plates; and if required for baking, a very small quantity of live coal put into the furnace beneath, will be sufficient. A range of this description, which will cost about L.4, 10s., will at once roast meat in front, boil water, bake a dish in the oven, though not so well as by a separate or large oven; and keep boiling or simmering at least three vessels on the fire and top of the boiler and oven. Care should be taken to have the range set in such a manner that the smoke from the oven may pass upwards behind to the chimney. By being altogether of iron, this kind of range requires little building.

The main advantage of such a range is the constant and large supply of hot water which it affords. Every one experienced in family arrangements knows that *a house should never be without hot water*, as it may be wanted at a single moment's notice for various purposes; among others, for hot fomentations, bathing of infants, and so forth. A life may be saved by the ready supply of this article alone.

BOILING AND STEWING VESSELS.—The choice of these vessels will depend on the taste and judgment of the purchaser. The best kind (called goblets in Scotland, and sauecpans in

England) are those made of iron, well tinned inside, and these may be had of all sizes. It is convenient to have one or two of the very smallest dimensions, made of block tin, and also to have several to be kept for delicate stews or preparations. It is likewise advantageous to have a few shallow saucepans to be used for stews, or where little liquor is required. Also, one large fish kettle, with a flat drainer to place below the fish in boiling, and for lifting to the dish when done. All the vessels should have tightly-fitting tin or iron covers.

ROASTING AND OTHER UTENSILS.—Roasting is always best performed with a twirling hook and bottle-jack. A spit spoils a small piece of meat, and is an instrument which, with the jack that moves it, should never gain an entrance into the kitchen of a family in the lower or middle ranks of life. The bottle-jack, which is in every respect preferable, should be attached to the top of a tin screen of the usual semicircular form. This screen reflects the heat upon the meat, and aids the roasting. Sometimes the screen has the effect of drawing out the smoke from the chimney; when this is the case, have the upper part of the screen taken away, and suspend the jack from a projecting arm or rack on the chimney-piece. This arm, which may be folded back when not used, is made of brass, and may be had for about eighteenpence from any London or other ironmonger.

A small bachelor's or Dutch oven is a useful utensil in a kitchen for baking small puddings or potatoes.

Two other main utensils for cooking, are a gridiron and frying-pan. These are afterwards adverted to in connection with boiling and frying.

MISCELLANEOUS ARTICLES.—Besides the main utensils used for cooking, a kitchen should be provided with a variety of small articles of a serviceable nature. The following may be enumerated:—

A tin cullinder for straining vegetables.

A large and small hair sieve for straining gravies and soups.

A large and small tin slice for turning fish in the frying-pan, or lifting fried eggs.

Two or three iron spoons for using in stewing. Hot grease will melt a pewter spoon.

A tin ladle for basting meat in roasting.

A pair of small tongs for turning steaks.

Large and small skewers for trussing meat and fowls. They are made of tinned iron.

A butcher's small saw and cleaver.

A knife for chopping or mincing, with a handle across the top, and a stout board to chop upon.

A large tin grater for grating bread, and a small one for nutmeg and ginger.

A tin flour dredger, and a large tin pepper-box.

A small pestle and mortar; those made of bell metal are the best.

A rolling-pin for making pie crust.

A toasting fork ; the best is made of iron wire.

A bread rasp, small size.

Tin shapes for jellies, blamanges, and light puddings; those made of earthenware do not give up the shape so perfectly.

Small iron hooks for hanging meat at the fire or in the larder; they are shaped like an S, and measure about four inches in length.

A pair of scales and weights, also a half pint, pint, and quart measures, will be found serviceable, and often necessary, articles in a kitchen or store-room.

The following are tables of the principal weights and measures, according to the imperial standard, now in use in all parts of the United Kingdom :—

WEIGHTS.

1 Ounce.	1 peck = 14 pds.
16 — 1 Pound.	1 bushel = 56 pds.
224 — 14 — 1 Stone.	1 boll = 140 pds.
448 — 28 — 2 — 1 Qr.	1 sack = 280 pds.
1792 — 112 — 8 — 4 — 1 Cwt.	or 2½ cwt.
35840 — 2240 — 160 — 80 — 20 — 1 Ton.	

MEASURES FOR LIQUIDS, ALSO CORN, AND OTHER DRY GOODS.

1	Gill.							
4	—	1	Pint.					
8	—	2	—	1	Quart.			
32	—	8	—	4	—	1	Gal.	
64	—	16	—	8	—	2	—	1 Peck.
256	—	64	—	32	—	8	—	4 — 1 Bushel.
2048	—	512	—	256	—	64	—	32 — 8 — 1 Quarter.

The peck, bushel, and quarter, are used for dry goods only. In Scotland, a pint is sometimes called a *mutchkin*, and a quart called a *choppin*.

ORNAMENTING DISHES AT TABLE.

Most dishes of meat have a bare appearance at table, unless they are decorated or garnished in a certain tasteful manner. This is generally done in cases of hot joints, with some appropriate boiled vegetables. Some persons are pleased to ornament their dishes with pieces of raw carrot and turnip, carved in the form of flowers, and placed on the meat, and round the edges of the dish. In the following directions for cooking, the garnish used for different dishes is pointed out. When cold meat is brought to table, it is generally decorated with a few sprigs of fresh parsley.

ROASTING MEAT.

Meat is roasted by being exposed to the direct influence of fire. This is done by placing the meat before a fire, and keeping it constantly in motion, to prevent scorching on any particular part. Roasting is generally considered to be the least thrifty mode of dressing meat; but much of the loss may be avoided by care and cleanliness in saving the dripping for other processes of cookery. Roast meat is believed to be more wholesome than when prepared by boiling, stewing, or any other mode.

Dripping.—Roast beef yields a dripping, which is a valuable article in the economy of the kitchen. It should be removed from the pan beneath the meat before it become overheated, or scorched, by the fire, leaving sufficient for basting. Dripping is prepared for future use in the following manner:—As taken hot from the dripping-pan, pour it into boiling water, when all particles of cinder or other improper matter will fall to the bottom, and leave the pure fat on the surface. Collect these cakes of fat, and by heating them in a jar, placed in a saucepan of boiling water, the whole will

become a solid mass, and may be thus put aside for use. This process not only purifies dripping, but gives it a clear white colour. A little salt must be infused, to assist in preserving it.

The dripping from mutton being tallowy, is little used in cookery, and the dripping from most other kinds of meat and poultry is deemed equally valueless. The dripping from lamb may be preserved for use in frying fish, or making pie-crust.

TO ROAST BEEF.

The best piece of beef for roasting is the sirloin. If the suet be not required, it may be ordered to be cut off before purchasing the joint; a small piece of suet is all that is requisite for the purpose of basting. Do not wash the meat, unless when it is musty, as already directed. Wipe it quite dry, and hang it on the hook of the jack, in the way most advantageous for being operated upon uniformly by the fire. Handle it as little as possible. At first, place it at such a distance from the fire that it may be warmed thoroughly before being scorched on the outside. The fire must be quite clear and brisk. It is customary to allow a quarter of an hour for every pound of the meat. While roasting, baste it very frequently with its own dripping. In dishing, pour a little boiling water and salt over it for a gravy. A well-roasted joint ought to have a nice rich brown tinge all over, and this is to be obtained only by careful basting, attention to the fire, and removing at the proper time, when experience tells that the joint is "done." Garnish with scraped horse-radish.

TO ROAST MUTTON.

The best parts of mutton for roasting are the leg (called in Scotland the gigot), the shoulder, and the loin. The piece may be kept longer than would be desirable for mutton for boiling. It should have a clear and brisk fire. A leg will take two hours to roast; but this, as well as the time for roasting the other parts, must be regulated by the fire and

the weight of the meat, and can be learned only by attention. The joint of mutton should be basted the same as beef, with its own dripping. A gravy for roast mutton, as in the case of beef, may be made by pouring a little hot water and salt over it ; if wanted of a richer quality, a gravy sauce may be made from beef, as directed under the head SAUCES. Most persons prefer mutton " well done." In roasting the loin, take away the fat surrounding the kidney, otherwise the dish, on being brought to table, will, when cut up, be floated with oil. The back-ribs and loin of mutton ought to be well jointed or cut before being put to the fire.

TO ROAST VENISON.

Venison is roasted in the same manner as mutton, but requires longer time at the fire. It is such a dry meat, and the fat is so easily melted, that it should be covered with buttered paper, and well basted. Serve with a good gravy and currant jelly.

TO ROAST VEAL.

The best parts of veal for roasting are the fillet, the breast, the loin, and the shoulder. The fillet and the breast should be stuffed, particularly the fillet ; the stuffing to be composed of crumbs of bread, chopped suet and parsley, a little lemon peel, and pepper and salt, wet with an egg and a little milk. The piece should have a slow fire at first, and will require longer time to dress than beef or mutton. Let it be well basted with butter when there is not sufficient dripping from the joint. The gravy for roast veal is either the usual hot water and salt, or thin melted butter, poured over the meat.

TO ROAST FILLET OF VEAL.

The fillet of veal, which is the thick fleshy part of the hind leg, requires care in the preparation for roasting. The knuckle or bone must be cut out neatly, without disfiguring the joint ; then stuff the flap, as above ; roll it up firmly, and

bind it with tape or string. Allow the stuffing in this, as in all other cases, room to expand in dressing. Cover the ends with buttered paper, and baste the piece frequently with butter. Take off the paper a short time before the meat is done. Gravy as above. This dish may be garnished with sliced lemon.

TO ROAST LAMB.

Lamb also requires to be well roasted. It is usually dressed in quarters; all parts, particularly the spinal bone, should be well jointed or cut by the butcher or cook; and the ribs of the fore quarter broken across the centre, in order to accommodate the carver. In roasting, baste, as already described, with its own dripping. The gravy for lamb may be the same as for beef or mutton, namely, hot water and salt poured over it; it is also customary to serve it up with mint sauce in a small tureen.

TO ROAST PORK.

Pork requires a longer time in roasting than any of the preceding meats. When stuffing is to be used, it must be composed of chopped sage and onion, pepper and salt. The pieces should be neatly and well scored in regular stripes on the outer skin, to enable the carver to cut slices easily. Before putting to the fire, rub the skin with salad oil, to prevent its blistering, and baste very frequently. The basting may be done by rubbing it with a piece of butter in a muslin bag, when there is not enough of dripping. The gravy for pork may be the same as for other joints, hot water and salt poured over it on the dish. It is considered an improvement to have apple-sauce served in a small tureen, as it assists in overcoming the richness or lusciousness of the meat, and imparts a slight acidulous flavour.

TO ROAST SUCKING-PIG.

The animal being properly prepared and cleaned by the butcher, the cook will proceed to cut off the feet, and fill

the inside with a stuffing composed of chopped sage, crumbs of bread, butter, pepper, and salt. The quantities of these respective ingredients must be regulated by the judgment and taste of the individual. The principal ingredient is bread. The stuffing being mixed and filled in, sew up the slit. No skewering is required. In roasting, baste with butter, as directed for pork. The time for roasting will be from two to three hours, according to the size. The skin should be crisp, and nicely browned. Before bringing to table, split down the back from head to tail, and lay it flat in the dish with the skin side uppermost. The head is cut off, and, being split in two, a half is laid at each end. The brains are taken out, and, with the liver, which has been previously boiled and finely chopped, is mixed either with beef or veal gravy in a small tureen. Apple-sauce is also used. This is the most approved mode of serving up sucking-pig.

TO ROAST BULLOCKS' HEART.

Wash the heart well, freeing it completely from blood. Then fill all the openings at the top or broad end with a stuffing composed of crumbs of bread, chopped suet, parsley, pepper and salt, moistened with an egg and a little milk. Suspend with the pointed end downwards. An hour and a half or two hours, according to the degree of heat, will cook the dish. It should, however, be well done. Send to table with beef gravy.

TO ROAST PIGEONS.

Pick and draw them well, and truss, keeping on the feet. Make a stuffing of the liver chopped, crumbs of bread, minced parsley, pepper, salt, and a little butter; put this inside. Make a slit in one of the legs, and slip the other leg through it. Skewer and roast them for half an hour, basting them well with butter. Serve with brown gravy in a small tureen. Some serve roast pigeons or game, with toast bread beneath them, and bread sauce.

TO ROAST FOWLS.

Pick, draw, and singe them. A fowl should be so cleanly or well drawn as to require no washing. Take care not to break the gall-bag in drawing; if the gall be spilled, it will communicate a bitter taste to every part it touches. Press down the breast-bone. Break the legs by the middle of the first joint, drawing out the sinews, and cutting off the parts at the break. It being proper that roast fowls should have a neat appearance at table, it is customary to truss them, that is, to fix their legs and wings in a particular position. This is done by fixing down the knees of the animal close to the tail by a skewer or piece of string, leaving the stumps of the legs projecting. The pinion ends of the wings are then turned round on the back, the liver being placed as an ornament in one wing and the gizzard in the other. Cut the head off close to the body, leaving a sufficiency of the skin to be tied or skewered on the back. Baste well with butter for some time after putting to the fire. Suspend neck downwards. The time of roasting will vary from half an hour to an hour, according to the size of the chicken or fowl. When fowls are large, they are frequently stuffed like turkey.

Serve roast fowls with melted butter or gravy sauce. Before sending to table, remove all skewers and strings which may have been used in trussing. This, which should be done in all cases of serving dishes to table, is too frequently neglected, and shows slovenliness in cookery. Fowls and all other feathered animals are served with the breast upwards.

TO ROAST TURKEY.

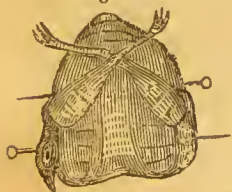
Pick, draw, and singe the turkey well. Press down the breast-bone, and follow all the directions given for trussing fowls. The breast should be stuffed with crumbs of bread, minced beef suet or marrow, minced parsley, a little nutmeg, pepper and salt; wet it with milk and egg; a little sausage

meat may also be added. On finishing, sew up the orifice or neck. Before putting to the fire, cover the breast with a sheet of writing-paper well buttered, to preserve it from scorching, and which may be removed a short time before taking from the fire, to allow the breast to be browned. Baste well with butter. A turkey will take from an hour and a half to two hours. Serve with gravy sauce and bread sauce.

TO ROAST PARTRIDGES.

Pick, draw, singe, and clean these birds the same as fowls. Leave the head on. Make a slit in the neck, and draw out the craw. Twist the neck round the wing, and bring the head round to the side of the breast. The legs and wings may be

Figure 5.



be trussed in much the same manner as fowls. The feet are left on, and crossed over one into the other, as in figure 5. Baste well with butter before a clear fire. When about half done, dust a little flour over them to be browned. A partridge will take from twenty minutes to

half an hour, and a pheasant three quarters of an hour. Serve on toasted bread, with gravy and bread sauce; the toasted bread may be dipped in the gravy.

Grouse and blackcock should be dressed and served in the same manner; the head being trussed under the wing. Snipes and woodcocks are not drawn.

TO ROAST GOOSE.

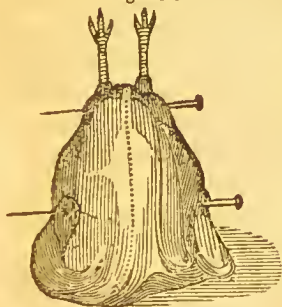
Pick, draw, and singe the goose well. Cut off its head and neck. Take off the feet and legs at the first joint; also, take off the wings at the first joint. The portions of the legs and wings that are left are skewered to the sides. Stuff with chopped sage and onion, and crumbs of bread, with pepper and salt. The skin of the neck must be tied securely, to prevent the gravy from running out. Paper the breast

for a short time. A goose does not require so much basting as fowl or turkey, for it is naturally greasy. It will require from two hours to two hours and a half in roasting. It ought to be thoroughly done. Serve with gravy sauce and apple sauce. The liver, gizzard, head, neck, feet, and the pinions of the goose, form what is termed the *giblets*, and compose a good stew or pic.

TO ROAST DUCKS.

Pick, draw, and singe them well. Take off the head. Dip the feet in boiling water to take off the outer yellow skin. Truss them neatly, turning the feet flat upon the back. Stuff as in the case of goose, and serve with the same sauces. A duck requires about an hour in roasting.

Figure 6.



TO ROAST PHEASANTS.

Pick, singe, and draw them, the same as fowls. Truss them by twisting the head round one of the wings, and turning both wings on the back. The legs are fixed on each side much in the same manner as in a roast fowl, the feet being left on, as represented in figure 6. Serve with beef gravy and bread sauce.

TO ROAST HARE.

A hare will keep with the skin on it, and paunched, for about three weeks in cold weather. It is then fit for roasting. First cut off the feet, and commence drawing off the skin at the hind legs, proceeding along the body to the head. Be careful not to tear the ears in skinning them. Soak and wash well in several waters, and then wipe quite dry. Stuff with crumbs of bread, chopped parsley, a bit of beef or veal suet chopped finely, a little grated lemon-peel and nutmeg, a piece of liver boiled and finely chopped or grated, and

pepper and salt ; the whole moistened with an egg, a little milk, and a spoonful of ketchup. The skin of the belly afterwards to be sewed. Commence trussing, by placing the hind and fore legs flat against the sides. To make the hind legs lie flat, the under sinews must be cut. Fix the head between the two shoulders, on the back, by running a skewer through it into the body. In roasting, suspend head downwards. It may be basted first with milk, afterwards with butter, flouring it lightly. It will require from an hour and

Figure 7.



a half to two hours. The hare is dished back upwards, as represented in figure 7, and served with a dish of rich beef gravy, and a dish of currant jelly.

BAKING MEAT.

Meat is prepared for baking in the same manner as for roasting. It should be placed in a deep dish for receiving the fat which flows from it ; not laid, however, on the sole of the dish, but raised on a stand, to prevent the grease soaking into it. Small iron stands are made and sold for this purpose. Few dishes are so good when baked as when roasted, the meat being so liable to be shrivelled for lack of basting. Perhaps the only dishes which are better baked than roasted,

are bullocks' heart and leg of pork, because in roasting they are liable to be scorched on the outside before they are thoroughly cooked in the inner parts. In baking a heart, place it in a stand in a dish with the point downwards; a piece of writing-paper buttered, may be placed over it, to keep the stuffing from drying. The sauce used is beef gravy.

BROILING.

Broiling is the rapid cooking of any kind of animal food, by the influence of fire. The apparatus required in broiling is very simple, and consists only of a gridiron, which should have small bars, and be kept thoroughly clean, not only on the tops, but on the sides of the bars. Let it be heated on the fire for a few minutes before placing the meat on it. If the bars, when warm, be rubbed with a piece of brown paper, the meat will be prevented from sticking to them. The operation of broiling requires a clear strong fire, with no smoke. In almost all cases, the meat ought to be frequently turned, which may be best done by a pair of small tongs; a fork should on no account be used in turning, for it breaks the skin of the meat, and allows the gravy to run out. Broiling possesses the peculiarity of being applicable only to meat which is to be eaten immediately on being dressed. This is an advantage when expeditious cooking is required, but a disadvantage when there is any uncertainty as to the time at which the meat is to be eaten.

Some cooks beat meat before broiling, as well as before frying, for the purpose of making it tender; this is of no use when the meat has been sufficiently hung, and may do more harm than good, by expelling the juices.

TO BROIL BEEF-STEAK.

A beef-steak is the most suitable of all kinds of meat for broiling, and is a dish universally relished. There are several parts of beef used for steaks, but in every case it should not be too newly killed. The best steak is that cut from the rump (called in Scotland the *heuk-bone*), because it is the most juicy and well flavoured. Steaks should be cut in slices of from three quarters of an inch to an inch in thickness, and into pieces of a convenient size for turning. Some persons dust the steaks with pepper before putting them to the fire, by which means the flavour of the pepper is infused through the mass. When placed on the gridiron, turn them very frequently; it is said, indeed, that the steaks should never be at rest, but this is carrying matters to an extremity. It is impossible to state any exact length of time to be employed in cooking a steak, for much depends on the tenderness and thickness of the meat, and the strength of the fire. The taste of the individual who is to eat the steak, must also regulate the length of time; because, while some prefer steaks in a half-raw state, others wish them to be well done. When cooked to the extent which is required, place the steak on a hot dish, and, after rubbing the steak with a little good fresh butter, sprinkle it with a little fine salt.

Beef-steaks should be carried to table immediately on being dressed, and eaten forthwith, in order to be in perfection. Every moment they stand, they lose a portion of their flavour and juice. When sauce is required, either mushroom or oyster sauce may be used.

TO BROIL MUTTON CHOP.

Mutton chops should be cut from the middle of the hind loin, and about the same thickness as steaks. They are broiled in the same manner as steaks, and require equal attention. No butter is to be used on dishing, as the chop is sufficiently fat of itself. Sprinkle a little salt on it, and

carry to the table immediately. Mushroom sauce may be used.

TO BROIL FOWLS AND PIGEONS.

Clean and prepare them as for roasting ; then split them down the back, laying them quite flat. Dust with pepper. They should be broiled more slowly than steaks or chops, being thicker, and requiring to be more thoroughly dressed. Rub occasionally with a little butter, to prevent the skin from cracking. In no case should the skin be taken off before broiling. On dishing, sprinkle with salt.

Various sauces are used—parsley and butter, melted butter, beef gravy, or mushroom sauce.

FRYING.

Frying is as expeditious a mode of cooking as broiling, requires less activity and care, and is more thrifty. The thriftiness of frying is a point of material consequence, and may be thus explained. It affords a ready means of dressing in a savoury manner many odd pieces of uncooked or cold meat, thereby saving that which might otherwise have been thrown away as useless. A skilful housewife, with the aid of a frying-pan and some unexpensive vegetables, such as onions and potatoes, along with a slight seasoning, will make a small portion of meat dine a large family. The frying-pan is certainly one of the most serviceable culinary utensils in a poor man's house.

A frying-pan should be of malleable, not of cast, iron. It should also be thick in the bottom, and of an oval form. It should always be kept clean, by being washed with boiling water, but not scoured. In all cases of using, a small piece of dripping, butter, or lard, must be put into it and melted, to prevent the meat from adhering.

In frying all meats, excepting those which are sufficiently

fat in themselves, it is necessary to use some kind of grease or fat. The best fat for this purpose is lard, which is more economical and less likely to burn than butter. When lard is not employed, the best substitute for it is dripping.

TO FRY BEEF-STEAKS.

Cut the steaks as for broiling, and, on being put into the pan, shift and turn them frequently. Let them be done brown all over, and placed in a hot dish when finished. Gravy may be made by pouring a little hot water into the pan after the steaks are out, and the fat poured away, with a little pepper, salt, ketchup, and flour. The gravy so formed is to be poured into the dish with the steaks. Serve to table immediately.

If onions be required along with the dish, cut them in thin slices, and fry them till they are soft. They should be fried after the steaks, and merely with part of the fat in which the beef has been fried.

TO FRY MUTTON CHOPS.

They require to be cut in the same manner as for broiling, and may be dressed according to the preceding directions for steaks. None of the grease which flows from the chops is to be used along with them, and the whole must be poured away before preparing the gravy.

TO FRY VEAL CUTLETS.

Veal cutlets form a delicate dish, and should be fried with butter. The best cutlets are from the fillet, because they are free from bone; the fore or hind loin—that is, the back-ribs or loin—may be used, but the bone must be cut away, which causes a waste. Cut them half an inch in thickness. They require to be dressed slowly and thoroughly, and should be of a light brown tinge when finished.

Another or more tasteful way of dressing cutlets, is first to dip them in a beat egg and then strew them with crumbs of bread, and parsley chopped very fine, along with pepper and

salt, after which put them in the pan. They will require more lard or dripping this way than when fried plain.

Gravy may be made for cutlets the same as for fried steaks, but add a little juice of a lemon, and skim the gravy before pouring it over the cutlets.

TO FRY LAMB CHOPS.

Lamb chops may be either simply fried in the same manner as mutton chops, or dressed with egg and crumbs of bread (but with no parsley), as in the case of cutlets. Gravy made in the pan, as for fried steaks.

TO FRY PORK CHOPS.

Pork chops should be cut rather thin, and be thoroughly dressed. They may be either simply fried in the same manner as chops, or fried after being dipped in egg, and sprinkled with crumbs of bread, and sage and onion finely chopped. No gravy is expected with pork chops. If any sauce be used, it must be apple sauce.

TO FRY BEEF OR PORK SAUSAGES.

All sausages are fried alike, and require to be dressed very slowly. Before being put into the pan, they should be pricked in several places with a fine fork, to prevent their bursting by the expansion of the air within.

It is common in England to bring fried sausages to table, neatly laid out on a flat dish of mashed potatoes. The sausages and potatoes are helped together. They may also be laid in links on toasted bread, and garnished with poached eggs round the dish.

Fried sausages are sometimes used for garnishing roast turkey.

TO FRY TRIPE.

The tripe must be washed well, and boiled till tender. Take the thickest parts and dry them well with a cloth. Make a thick batter of egg, flour, and milk, seasoned with

salt, and for those who wish it, a little minced onion. Dip the tripe into the batter so formed, after which fry in lard or good fresh dripping, of which there must be a sufficiency in the pan to almost cover the tripe. Let it be done to a light brown. Garnish with fried parsley.

TO FRY PARSLEY.

Parsley is fried only for garnishing. It must be thoroughly dried, and fried in hot butter or dripping. After frying, lay it on a sieve before the fire for the fat to drain from it; after which, place it round the edge of the dish.

TO FRY BACON, OR HAM AND EGGS.

The bacon should be cut very thinly in slices, not more than a quarter of an inch in thickness. The best bacon is that which is alternately streaked with fat and lean. No butter or dripping is required in the pan in frying bacon, which does not need much dressing, and is soon prepared. When done, take the slices from the pan, and place them in a hot dish before the fire. Have the number of eggs required previously broken, each in a separate cup, and place them gently in the pan, so as to preserve them in a round flat shape. Let them remain in the pan till the white is set, and take them out carefully with a slice, and place them on the bacon. The tasteful appearance of this dish is spoiled, if the eggs be either broken or ragged, which is very apt to be the case if they are not previously put into cups.

TO FRY LAMB OR CALF'S LIVER.

Cut the liver in thin slices; dust them with flour, and fry with a large piece of lard or dripping. Fry slowly, and let them be thoroughly dressed. When done, lift the slices out, and pour some water or gravy into the pan, which turn round for a minute or two; season, and pour over the liver in the dish. Some serve with slices of fried bacon.

TO FRY COLLOPS.

The difference betwixt this dish and fried steaks, is, that the collops or pieces of meat are partially stewed, as well as fried. Cut the meat thinner than for broiling, and put the slices in a pan along with a large piece of butter and sliced onions. Cover it close, and when the meat is sufficiently dressed, add a little hot water and ketchup to the liquor already in the pan.

BOILING.

Boiling is the preparation of meat in water, and it is necessary that the vessel employed be large enough to allow the meat perfect freedom ; if it be cramped, and have only a little water, it will be stewed, not boiled. In all cases of boiling, there must be a sufficiency of water to cover the meat. In boiling meat there is less waste than in roasting ; and, in some cases, soup may be made of the liquor. It is a general direction for boiling, that all meat, poultry excepted, should be put into *cold* water, and not boiled too fast. In every case, let care be taken to remove the scum from the top of the water, just before it boils ; this keeps both the meat and the water clean, and agreeable in appearance. As the water decreases, from evaporation, replenish with *hot* or *boiling* water, so as to keep the meat always covered. It is usual to allow a quarter of an hour for every pound of the meat in boiling, reckoning from the time the water begins to boil ; but this is a rule which will, of course, be departed from according as the meat is required to be over or under done. In some cases, slow simmering is the most advantageous mode of dressing, and it is always better to boil slowly than quickly. Rapid boiling hardens the meat. Perfectly fresh meat requires longer boiling than that which is tender

or ripe. Good meat swells in boiling, whatever may be the loss of weight.

When meat of any kind is done, and has to be lifted from the pot, take care not to put a fork into any part where there are juices ; if this be not attended to, a portion of the juices will escape, and the marks of the fork will produce an unsightly appearance in the meat.

All parts of mutton and lamb may be roasted, but it is only the leg, neck, and head, that are boiled.

TO BOIL A SALTED ROUND OF BEEF.

If large, cut out the bone, roll it up firmly, and bind it with a tape ; then put it into the pot, and keep the lid close. Boil it slowly and equally, allowing, as above mentioned, a quarter of an hour for each pound of the beef.

The appropriate garnishing for this and other pieces of boiled salt beef, is carrot and small greens ; some add turnips. Put a little of the liquor in which it has been boiled, in the dish.

TO BOIL A LEG OF MUTTON.

A leg of mutton should be kept four or five days before boiling. Before putting it into the pot, bend round the shank, cutting the tendon at the joint if necessary, so as to shorten the leg. Two hours of slow equal boiling will be sufficient for a good-sized leg of mutton. Some persons, to make the leg look white and tasteful, wrap it tightly in a cloth in boiling ; but this spoils the liquor for broth. It is not safe to boil vegetables with a leg of mutton, as they are apt to flavour the meat. Dish the leg with a little of the liquor, placing the lower side uppermost, conveniently for carving. A good leg of mutton will soon yield sufficient gravy.

The sauce used is finely chopped capers in melted butter. Turnips mashed or whole form the appropriate vegetable to be eaten with this dish.

TO BOIL A LEG OF LAMB.

A leg of lamb, when well boiled, is a delicate and excellent dish. It requires about an hour and a half. When whiteness is desirable, it is wrapt in cloth, the same as mutton. When dished, garnish with the loin cut into chops and fried, to lay round it.

The sauce used is plain melted butter, or parsley and butter.

TO BOIL VEAL.

Veal is seldom boiled, being too insipid by that mode of dressing. The only part boiled is the knuckle, which requires much boiling, in order to soften the sinews. It is eaten with boiled ham or bacon. The sauce used is parsley and butter. The liquor from boiled veal is the best of any for making soup.

TO BOIL A TURKEY.

Boiled turkey is one of the most delicate and excellent dishes which can be brought to table, and should be dressed with as much care as possible. Clean the turkey from all feathers, and singe the hair with burning paper, being careful not to blacken the skin. Clean it well inside by drawing and wiping. Cut off the legs at the first joints, and draw out the sinews; then pull down the skin and push the legs inside. Cut off the head close to the body, leaving the skin long, and draw out the craw. Make a stuffing of chopped suet, crumbs of bread, chopped parsley, pepper, salt, and a little nutmeg, which wet with an egg and milk. Put this stuffing into the breast, leaving room for the stuffing to swell; after which draw the skin of the breast over the opening, and sew it neatly across the back; by which means, when the turkey is brought to table with its breast uppermost, no sewing will be seen. Place the liver in one wing, and the gizzard in the other, turning the wing on the back, and fixing the wings to the sides with a skewer. The turkey being now ready for the pot, put it into a cloth and boil it for a length

of time according to the size and age. A small young turkey will not require more than an hour and a half; an old and larger one perhaps two and a half or three hours. Let the water be warm in putting in, and of sufficient quantity to keep the turkey always covered.

When done, and placed in a hot dish, pour a little sauce over the breast, and put the remainder in a sauce tureen. The sauce used is various, as parsley and butter, eelery, or oyster sauce. One of the most delicate and agreeable sauces, is that which is made of melted butter, boiled maccaroni, and milk.

TO BOIL A FOWL.

A fowl is to be prepared for boiling in the same manner as a turkey, except that no stuffing is used. It may be boiled with or without a cloth. Small fowls will require from half an hour to three quarters of an hour; large fowls will require from an hour to an hour and a half. Sauce, parsley and butter.

TO BOIL RABBITS WHOLE.

Wash them well in warm water. They may be either stuffed or not stuffed, according to taste. When stuffing is required, make it of crumbs of bread, suet, parsley and onions—all chopped—and pepper and salt; moisten with milk and egg. Sew this neatly into the belly. Truss in the same manner as roast hare, and boil slowly for an hour. The sauce to be made of boiled onions, milk, melted butter and flour, with pepper and salt, which pour over the rabbits when dished. This is called *rabbits smothered in onions*.

When two rabbits are dished together, lay the head of one in a contrary direction to that of the other.

TO BOIL A HAM.

If the ham has been cured long, it may require soaking in cold water to soften it, from twelve to twenty-four hours

before dressing. Put it in a large boiling vessel with plenty of cold water, and let it simmer slowly from two to four hours, according to the size. Skim it frequently, to remove the grease which is constantly rising to the top. When done, skin it, and strew bread raspings over the upper side; then place it before the fire to dry and brown. Garnish with greens or cabbage.

TO BOIL LEG OF PORK.

Pork requires to be particularly well boiled. Place it in the pot with the skin side uppermost, with a plate below it, for pork is very apt to stick to the bottom of the pot. Peas pudding is generally served separately with this dish.

TO BOIL A TONGUE.

If hard, soak the tongue in water all night before using. Boil it from two hours and a half to three hours. Skin it before dishing. Garnish with greens or cabbage.

TO BOIL TRIPE.

When tripe is purchased from the butcher in a raw state, it requires to be boiled a very long time, to be thoroughly soft and tender. The length of time will depend on the age of the animal from which it has been taken. Sometimes, for young tripe six or seven hours will be sufficient, while old tripe will perhaps take ten or twelve. In all cases, boil or rather simmer it very slowly, for quick boiling hardens it. It should be cut into moderately sized pieces for helping at table. When to be served plain, carry to table in a hash dish, in some of the water with which it has been boiled, with boiled onions in it. A tasteful way of serving, is to take it from its liquor after boiling, and stew it for about ten minutes in a saucepan with milk, which thicken with a little arrow root, or flour and butter, and season with pepper and salt. This makes a delicious and cheap dish.

TO BOIL COW-HEEL.

Cow-heel should be boiled for five or six hours, or till the bones will slip out. Serve with a sauce of chopped parsley and butter.

STEW, HASHES, AND MADE DISHES.

Stewing is the preparing of meat by slow simmering or boiling, and by which all the liquor is to be used along with the meat at table. This is a much more savoury mode of cookery than boiling, because the substance of the meat is partly in the liquor, and is seasoned to have a high relish or flavour. Generally, much more can be made of meat by stewing, than by roasting, broiling, or frying, because nothing is lost in the process of dressing. It also possesses the decided advantage of being a way by which meat may be dressed for a person whose time of dining is uncertain. A stewed steak, for instance, will keep warm and in good condition for an hour, but a broiled or fried steak cannot keep a minute after dressing.

Stews which are highly dressed, and are composed of various parts prepared in a different manner, are called *made dishes*. A highly seasoned stew forms what is termed a *ragout*.

TO STEW A PIECE OF BEEF, OR MAKE BEEF BOUILLI.

Take a piece of beef; the brisket or rump, or any other piece that will become tender. Put a little butter in the bottom of the stew-pan, and then putting in the meat, partially fry or brown it all over. Then take it out, and lay two or three skewers in the bottom of the pan; after which replace the meat, which will be prevented from sticking to the pan by means of the skewers. Next, put in as much

water as will half cover the meat. Stew it slowly with the pan closely covered, till done, with a few onions if required. Two hours are reckoned enough for a piece of six or eight pounds. When ready, take out the meat, and thicken the gravy with a little butter and flour. Cut down into handsome shapes a boiled carrot and turnip, and add them to the liquor ; season with pepper, salt, and a little ketchup. Boil all together for a few minutes, and serve in a hash dish.

TO STEW A SHOULDER OF MUTTON.

Take a shoulder of mutton, and cut out the blade bone without injuring the form of the meat. Make a stuffing of crumbs of bread, chopped suet and parsley, a little green or dried sweet herbs, chopped onion, and pepper and salt, moistened with egg and milk. Lay this stuffing in the place from which the bone was cut out ; then roll it up, and skewer or bind it firmly with tape. Rub the bottom of a stew-pan with suet or butter, and brown the mutton. When sufficiently brown, lay two skewers in the bottom of the pan ; add a little stock or boiling water, and let it stew for an hour and a half ; the gravy drawn from itself will be sufficiently rich for sauce, seasoned with pepper and salt. Skim it before serving, to remove the fat.

TO STEW STEAKS AND CHOPS.

Cut the beef in slices rather thinner than for broiling or frying. Put them in a stew-pan, with water sufficient to make gravy. Add grated carrot, turnip cut in small squares, and pepper and salt. Stew for an hour, or till tender. Skim if necessary. When done, thicken the gravy with a little arrow root or flour, and flavour with ketchup. Some persons add a little maccaroni or vermicelli, which requires from ten to twenty minutes' boiling along with the stew.

• Mutton chops are stewed in the same manner, but require to be trimmed of the superfluous fat, and more carefully skimmed. This is called *harricot of mutton*, when the chops

have been previously browned. The same directions will serve for stewing slices or pieces of any other kind of meat.

TO STEW VEAL.

The best parts of veal for stewing are the fillet, the breast, and the shoulder. The shoulder must be stuffed when the knuckle is cut out, which must be done neatly, without disfiguring the meat; the stuffing should consist of bread-crumbs, minced suet, chopped parsley, grated lemon peel, white pepper and salt, moistened with egg and milk; fill the shoulder, and sew it up. Rub the bottom of a large stew-pan with butter; lay in the veal, and brown it on both sides. When sufficiently brown, put in a pint of cold water, and stew it slowly for two hours, or, if large, two hours and a half. Before it is to be dished, draw off the gravy, and if not thick enough, brown a little butter, and dust in a little flour; put it amongst the gravy, and season with Cayenne, salt, and the squeeze of a lemon (a glass of sherry will be an improvement); skim the sauce, and pour it over the meat before dishing.

TO STEW KIDNEYS.

Cut the kidneys into slices; wash them, and dry them with a clean cloth; dust them with flour, and fry them with butter until they are brown. Pour some hot water or beef gravy into the pan, a few minced onions, pepper, and salt, according to taste; let them stew slowly for an hour, and add a spoonful or two of mushroom ketchup before dishing.

TO STEW PIGEONS.

Pick and wash the pigeons well, trussing them as fowls for boiling. Put a piece of butter and some pepper inside; dust them with flour, and brown them in a covered stew-pan with a good piece of butter; put in a little flour; add some gravy or hot water. Season them highly, and let them stew slowly for twenty minutes or half an hour. Before dishing, add half a glass of port wine, if the flavour be approved.

TO STEW RABBITS.

Wash the rabbits well ; cut them in pieces, and put them in to scald for a few minutes. Melt a piece of butter, in which fry or brown the rabbits for a short time. When slightly browned, dust in some flour ; then add as much gravy or hot water as will make sufficient sauce. Put in onions, ketchup, pepper and salt, according to taste. Stew for an hour slowly. When required, flavour the gravy with a small quantity of curry powder.

TO MAKE IRISH STEW.

Take a piece of loin or back-ribs of mutton, and cut it into chops. Put it in a stew-pan with pared raw potatoes, sliced onions, pepper, salt, and a little water. Put this on to stew slowly for an hour, covered very close ; and shake it occasionally, to prevent it from sticking to the bottom.

TO MAKE ENGLISH STEW.

English Stew is the name given to the following excellent preparation of cold meat. Cut the meat in slices ; pepper, salt, and flour them, and lay them in a dish. Take a few pickles of any kind, or a small quantity of pickled cabbage, and sprinkle them over the meat. Then take a tea-cup half full of water ; add to it a small quantity of the vinegar belonging to the pickles, a small quantity of ketchup, if approved of, and any gravy that may be set by for use. Stir altogether, and pour it over the meat. Set the meat before the fire with a tin behind it, or put it in a Dutch oven, or in the oven of the kitchen range, as may be most convenient, for about half an hour before dinner-time. This is a cheap and simple way of dressing cold meat, which is well deserving of attention.

TO HASH COLD BEEF OR MUTTON.

Cold roast beef, or cold roast or boiled mutton, may be

dressed as a hash in the following manner. Cut the meat from the bones into small pieces, and lay them aside. Then put the bones in a stew-pan with a little water, and sliced onion. After stewing for a short time, take out the bones and put in the meat. When the meat is perfectly hot, thicken with a little flour and butter, and season with pepper and salt, and a little ketchup. Dish the hash, and stick small triangular pieces of dry toasted bread round the inner edge of the dish.

TO DRESS COLD BOILED BEEF, OR MAKE BUBBLE AND SQUEAK.

Cut the beef in slices of about the third of an inch in thickness. Fry the slices till lightly browned, and heated through. Then take them from the pan, and place them on a warm plate before the fire, to keep hot. Fry some cabbage which has been previously boiled and chopped; stir this about a short time in the pan, and season with pepper and salt. Spread the cabbage in a dish, and place the slices of meat upon it; or heap the cabbage in the dish, and place the meat around it.

TO MINCE COLD VEAL.

Cut the veal from the bones, and mince it in small square bits, and lay them aside. Then put the bones in a stew-pan with a little warm water, to make a gravy. After stewing for a short time, take out the bones and put in the bits of veal, with a small piece of lemon peel, chopped very fine. When perfectly heated, thicken with a little flour and butter, and season with pepper and salt, and a little lemon juice. Dish with small pieces of toasted bread, as in hashed mutton.

TO DRESS A LAMB'S HEAD AND PLUCK.

Lambs' heads are procured skinned. Take the head with the neck attached; split up the forehead, and take out the brains, which lay aside. Wash the head carefully, cleaning out the slime from the nose, by rubbing it with salt, and

take out the eyes. The head being thus cleaned, put it on to boil, along with the heart, and the lungs or lights. Let the whole boil for an hour and a quarter; then take them out, and dry the head and neck with a cloth. Rub it over with an egg well beaten; strew crumbs of bread, pepper and salt, over it; also stick small pieces of butter over it, and lay it in a dish before a clear fire, to be browned lightly. Mince the lungs and heart, and part of the liver, with some onion, parsley, pepper, salt, a little flour, grated nutmeg, and a tablespoonful of ketchup; mix all together, and add some of the liquor in which the head was boiled, to form a gravy; let it simmer by the side of the fire for half an hour. Take the brains and beat them well with two eggs, two tablespoonfuls of flour, and a sprig of fine chopped parsley, also a little pepper and salt, and two or three tablespoonfuls of milk—the whole forming a batter. Have a frying-pan with a little lard or dripping, and fry the batter in small round cakes, which turn and brown lightly on both sides. Cut the remainder of the liver in slices, and dust it with flour, and fry it. Now, lay the head upon a dish; place the hash round it, and lay a slice of liver and a brain cake alternately on the hash all round.

This forms a handsome and a savoury dish, but requires great attention on the part of the cook, to have all the various parts hot and equally ready at the time of dishing.

TO DRESS A VEAL PLUCK.

Wash the whole of the pluck, and wipe it dry. Stuff the heart by the opening at the top, with crumbs of bread, chopped suet and parsley, pepper and salt, moistened with an egg and milk. Then roast the heart; the time of roasting will depend on the size. Parboil the lights, and mince them finely with a portion of the liver; and stew for half an hour in a little of the liquor in which the lights were parboiled, along with a little chopped onion, pepper, salt, and a tablespoonful of ketchup, and a little flour. Cut the

remainder of the liver in slices, and fry them ; also, if required for relish, fry a few slices of bacon along with them. Place the heart in a dish, with the hash round it, and also the liver and bacon placed alternately around.

Another way.—Parboil, and then mince the whole of the heart and lights. Stew as directed above. Cut the whole of the liver in slices, and fry it, and place the slices on the hash in the dish.

TO MAKE POTTED-HEAD.

This is a dish to be eaten cold as a jelly. Take the half of a bullock's head and clean it ; soak it in warm water, with a cow-heel, for two or three hours. Then boil it with the heel till tender. When done, cut them in small pieces, and lay them aside ; after which, strain the liquor in which they have been boiled, and let it stand till it is cold, so that the fat may be easily skimmed. Put the whole into a saucepan, and boil for half an hour, and season with pepper and salt according to taste. Pour it into basins, or tin or earthenware shapes, which stand in a cool place. When quite cold, it forms a jelly, and is ready for being turned out on a dish for use. If it do not come out easily, dip the basin or shape in hot water, and the heat will immediately loosen it. Garnish with sprigs of fresh parsley.

SOUPS AND BROTHS.

Soups are the substance of meat infused in water by boiling, and are of many different kinds, but may be divided into two classes, namely, *brown* and *white*. The basis of brown soups is always beef, while the basis of white soups is generally veal. Broths are preparations of soup, but more simple in their nature, and usually containing some kind of vegetables or matter for thickening, as rice, barley, &c. Soups

of every description should be made of sound fresh meat and soft water. It is a general rule to allow a quart of water for every pound of meat ; also to boil quickly at first, to make the seum rise, which is assisted by adding a little salt ; and after skimming, to simmer gently.

TO MAKE BROWN OR GRAVY SOUP.

Take a shin or piece of the rump of beef, and break it in several places. Cut the beef from the bones ; take out part of the marrow, and lay it on the bottom of the pot. If there be no marrow, use butter. Then lay in the meat and bones to brown. Turn the whole when browned on one side, and take care that it does not burn. When it is thoroughly browned, add a pint of cold water to draw the juice from the meat, also a little salt ; and in a quarter of an hour after, fill in the quantity of cold water which may be requisite. Now add the vegetables, as, for instance, two carrots, a turnip, and three or four onions, all sliced ; also a stalk of celery, some sweet herbs, with some whole black and Jamaica pepper. Let the soup boil slowly for from four to five hours, after which take it off, and let it stand a little to settle. Then skim off the fat, and put it through a hair sieve to clear it. The soup, if cleared, may now be either served or set aside for after use. It should have a clear bright look, with a brownish tinge. Frequently, it is made the day before using, in order that it may be effectually skimmed of fat. In such a case, it is heated again before serving. On some occasions, it is served with a separate dish of toasted bread cut in small squares.

The meat which has made the soup, is supposed to be divested of nearly all its nourishing qualities ; but where thriftiness is consulted, it may form an agreeable stew, with vegetables, a little ketchup, and pepper and salt.

• Brown soup, made as above directed, forms what is called *stock*, that is, a foundation for every other soup of the brown kind, also as a gravy for stews where richness is required.

It likewise forms any kind of vegetable soup, by merely adding to it, when just finished boiling and clearing, the particular vegetable which may be required. Thus are formed, *carrot soup*, the carrots being cut into small stripes or straws; *leek soup*, by adding leeks cut into short pieces and boiling an hour; *vermicelli soup*, by adding boiled vermicelli; and so on with other vegetables.

KIDNEY SOUP.

Make a stock, or gravy soup, as above directed. Cut two beef kidneys in slices; wash them well, and stew them in water or soup for an hour. Take out the kidneys and strain the soup. Then return the kidneys to the soup so strained, and add as much stock or gravy soup as is required. Let the whole boil for a few minutes, and serve in a tureen.

PIGEON SOUP.

Make a stock, or gravy soup, as above directed. Add to this the livers and gizzards of your pigeons, and boil for half an hour. Then truss the birds as for boiling, and season them inside with pepper and salt; dust them over with flour, and brown them with a little butter in a frying-pan. Mix a little butter and flour, and stir it into the soup to thicken it. Strain the soup, and put the pigeons into it. Let the soup with the pigeons boil very gently for half an hour, skimming when required, and serve in a tureen.

OX-TAIL SOUP.

Make a quantity of brown soup as previously directed. Take two or three tails, and separate them at the joints into pieces. Put the whole in the soup, and boil till the meat is tender, but not till it comes from the bones. Add a little ketchup, and serve with the pieces of tail in the soup.

HARE SOUP.

Take a fresh hare, and, when skinned, wipe it well with

a cloth. Cut it open, and take out the entrails, taking great care not to lose any of the blood. Then cut the body into separate pieces, and put them in a pot with two or three quarts of water, along with any blood that may have run out. Put into the pot, also, two or three pounds of beef cut into pieces, likewise a sliced earrot, turnip, and onion, a few sprigs of thyme, a few Jamaica pepper-corns, and four table-spoonfuls of flour mixed with cold water. Keep stirring till it boil, and let it boil for an hour and a half. When this is done, take the best pieces of the hare, which are the back and upper joints of the hind legs. Lay these aside. Let the soup boil for other two hours. Then take out the remainder of the meat, and cut it off the bones, and pound it in a mortar, or otherwise mash it well. Put the meat thus pounded back into the soup, and strain the whole through a hair sieve. Put the soup so purified into the pot, along with the best pieces of the hare which were laid aside, also two table-spoonfuls of ketchup. Boil this for half an hour; then add pepper and salt, and serve with the pieces of hare in the tureen.

JUGGED HARE.—After having skinned, drawn, and washed the hare, cut it into pieces, and put the pieces into a jar with an onion, a bunch of sweet herbs, and a little water. Cover the top of the jar so close that very little of the steam can escape from it; the cover may be tied down to the jar. Place it in a saucepan of water, the water not to cover the top of the jar. Keep the water constantly boiling. Boil between three and four hours. When done, skim off any fat, thicken the sauce with flour and butter, season with salt and pepper, and serve all together in a hash dish.

MOCK-TURTLE SOUP.

This is made with a calf's head. It is best to get the head already scraped and cleaned from the butcher, but with the skin on. If it be got in an uncleaned state, wash it, and put it into a pot with cold water, and boil it for a short time till

the hair is loosened. Then scrape off the hair, split the head, clean it thoroughly, and take out the brains. The head is now supposed to be clean, and ready for making the soup. Put it into a pot with considerably more water than will cover it. Skim it frequently as it warms, and let it boil gently for an hour. Take out the head, and when it has cooled, cut the meat off into handsome pieces, of about an inch square. Scrape and cut the tongue in the same manner. Lay all these pieces aside. Then put into the water in which the head was boiled, about three or four pounds of hough of beef and a knuckle of veal, with the bones broken. Add to this four or five onions, a carrot and turnip sliced, a small bunch of sweet herbs, and some black and Jamaica pepper, whole. Add also the brains, after you have boiled them separately in a cloth, and pounded them. With all these additions let the soup boil slowly for four or five hours, after which, strain it, and when cool, take off the fat. Take a quarter of a pound of fresh butter, and melt it in a stew-pan; when melted, put in two handfuls of flour and let it brown, stirring it all the time; add a little of the soup, a sprig or two of sweet basil, and a few heads of parsley. Boil this for a quarter of an hour; strain it through a sieve; then put this, the pieces of meat, and the soup, all together, and boil it for an hour. Add two tablespoonfuls of ketchup, the juice of a lemon, Cayenne pepper, and salt, to taste. It is usual to put in at the same time, four glasses of sherry wine. When dished in a tureen, put in two dozen of egg-balls.

EGG-BALLS for mock-turtle soup are made as follows. Boil four or five eggs till they are quite hard. Take out the yolks, and beat them in a mortar, with salt and Cayenne pepper. Make this into a paste with the white of one or two raw eggs. Roll the paste into balls the size of small marbles. Roll them in a little flour, and either fry them in butter or brown them before the fire, being careful to keep them whole and separate. They are now ready for being put into the soup.

MULLIGATAWNY SOUP.

Take six pounds of knuckle of veal ; break the bones and wash it. Put it on to boil in three or four quarts of cold water, with a carrot and a turnip, a sprig or two of sweet herbs, and some whole white pepper. Boil for three hours, and strain it. Take a large fowl, clean and skin it, and cut it into pieces ; also six sliced onions. Brown this in a stew-pan with a quarter of a pound of fresh butter, stirring all the time to prevent burning, and, when sufficiently browned, put it into the strained soup. Let it settle, and skim it. Now, boil gently for nearly an hour ; after which mix together, in a basin, a tablespoonful of curry powder, a little browned flour, Cayenne pepper, a little lemon juice, and salt, to taste ; wet this with a little of the soup to prevent it from lumping, and add it to the soup. Boil the whole till the fowl is sufficiently dressed, which will perhaps be half an hour, and serve in a tureen. Some persons use rabbits or veal instead of fowl.

GIBLET SOUP, AND STEW.

Goose giblets, which are chiefly used, consist of the head and neck, the feet, the pinions of the wings, the liver, gizzard, and heart. The pinions of the wings, and skin of the neck, require to be scalded, to free them from the bits of feather. The feet are to be scalded and skinned. The liver and neck are to be cut into two or three pieces. The beak, which is not used, is taken from the head, and the skull split. When all the pieces are thoroughly cleaned, put them into a beef, mutton, or veal soup, and let them boil till they are tender. Then take them out, and cut them into small pieces. Strain the liquor, and put in the giblets again, and thicken the soup a little with kneaded flour and butter. Season with pepper and salt, and serve in a tureen with the bits of giblet in it.

When giblets are required stewed, clean them as above directed ; cut the gizzard into eight pieces, and the neck and

liver into two or three pieces. Put them in a stew-pan with a little water, and set them on the fire. Skim it when it boils, and put in a sliced onion, a little pepper and salt. Let the stew simmer or boil gently, being closely covered, for an hour and a half or two hours. When done, thicken with a little kneaded flour and butter, and add a tablespoonful of ketchup. Serve in a hash dish, with bits of toasted bread.

PEAS SOUP.

This is an excellent soup, if well made, and is one of the cheapest soups that can be put on the table, for it may be formed of cold meat or marrow bone, or, what is cheaper still, merely water, or the liquor in which any piece of mutton, lamb, or veal, has been boiled. We give the following two recipes for making it :—

PEAS SOUP WITH MEAT OR BONES.—Take a good marrow bone, or the bones of cold roast beef ; a slice or shank of ham may be added, if the flavour be liked. Break the bones, and put them in the pot with four quarts of cold water. According to the thickness and quantity required, take two or three pounds of the best split peas, and put them among the cold water and bones ; add to this two carrots, two turnips, half a dozen small onions, a stalk of celery cut in pieces, a bunch of thyme, and some whole black and Jamaica pepper. Let all this boil for two hours, stirring frequently, as the soup is very apt to burn. When the peas are quite soft and broken down, take the soup off, and put it through a sieve, into another pot ; rub it well through until the pulp be mixed with the soup. Add salt melted amongst a little water, and boil the soup again for a few minutes. When to be served, cut a slice of toasted bread into small square pieces, and put in the tureen with the soup.

PEAS SOUP WITHOUT MEAT OR BONES.—Put two pounds or pints of peas in five quarts of water. Boil for four hours ; then add three or four large onions, two heads of celery, a carrot and a turnip, all cut up ; and season with salt, to taste.

Boil for two hours longer. If the soup become too thick, add a little water. The peas may be boiled the evening before being used, and the longer they boil, the smoother and more mellow the soup will be; but do not put in the vegetables until the day the soup is to be used. By this plan the soup does not require straining.

MUTTON BROTH.

This is a broth of a mild nature, being intended chiefly for invalids. Take a scrag or thick end of a loin of mutton, and put it into a pot with cold water; the proportion being a quart of water to a pound of meat, which will allow for loss in boiling. Turnip and onion may be added when not considered injurious. Let this boil slowly for three hours, and skim off all the fat before serving. The meat is supposed to be useless.

Directions for making mutton and beef broth on the Scotch plan, are given under the head SCOTCH DISHES.

BEEF TEA.

There are two ways of making this simple and nourishing soup. The first is as follows:—Take a pound of lean beef, which cut in pieces, and put into a saucepan with a quart of cold water. Place it on a slow fire, and skim it carefully as it heats. Let it simmer gently for about an hour, and before serving, strain it through a hair sieve. Season with a little salt.

The second way is the only one that is, properly speaking, *beef tea*, or an *infusion* of beef. Take a pound of good lean juicy beef, and cut it into very thin slices, which place in a basin. Then pour a pint and a half of boiling water on the meat, moving it frequently with a fork or spoon, to cause the water to act upon all sides of the meat, and so extract its juices. Let it remain in the water about a quarter of an hour, after which pour the water into a saucepan and boil it for about ten minutes. Skim, and season with salt. This is the most delicate way of making beef tea.

CHICKEN BROTH OR SOUP.

After picking and drawing the fowl, cut it in pieces, and wash it. Put the pieces in a saucepan with a quart or a little more of water, and boil them slowly for about an hour and a half. Skim, and season with salt. If rice be required in the soup, put a small teacupful in the saucepan along with the fowl.

BROTH MAIGRE, OR BROTH WITHOUT MEAT.

Take three or four good juicy onions ; slice them, and put them in a stewpan, and brown them along with a quarter of a pound of butter or dripping, and a little flour and salt. Fry them till they are quite soft, and have a rich brown tinge. Then put in a quart of cold water, with a carrot and turnip sliced, also a cupful of rice or pot barley, if required, and boil for an hour ; after which, add a quart or more of boiling water. Boil for half an hour longer, and season with pepper and salt.

SCOTCH DISHES.

The Scotch have a number of dishes which are peculiarly their own, and for the preparing of which they have obtained some degree of celebrity. In dressing their meat, they have recourse chiefly to boiling, a practice in all likelihood derived from the French, with whom they long maintained a connection previous to their intercourse with England. An idea that boiling is a more thrifty mode of preparation than any other—considering that quantity and not mere quality is required—has confirmed the practice, and made it to be generally followed among the lower and middle ranks of society. The principal national dish of Scotland is the Haggis, of which there are two kinds, sheep and lamb.

SHEEP'S HAGGIS.

There are different ways of making a haggis, as far as the exact composition of the materials is concerned. Some put mince tripe in it, others put no tripe. The following is the more common, and, I believe, the best manner of making it : Procure the large stomach bag of a sheep, also one of the smaller bags called the king's-hood, together with the pluck, which is the lights, the liver, and the heart. The bags must be well washed first in cold water, then plunged in boiling water, and scraped. Great care must be taken of the large bag ; let it lie and soak in cold water, with a little salt, all night. Wash also the pluck. You will now boil the small bag along with the pluck ; in boiling, leave the windpipe attached, and let the end of it hang over the edge of the pot, so that impurities may pass freely out. Boil for an hour and a half, and take the whole from the pot. When cold, cut away the windpipe, and any bits of skin or gristle that seem improper. Grate the quarter of the liver (not using the remainder for the haggis), and mince the heart, lights, and small bag very small, along with half a pound of beef suet. Mix all this mince with two small tea-cupfuls of oatmeal, previously dried before the fire, black and Jamaica pepper, and salt ; also add half a pint of the liquor in which the pluck was boiled, or beef gravy. Stir all together into a consistency. Then take the large bag, which has been thoroughly cleansed, and put the mince into it. Fill it only a little more than half full, in order to leave room for the meal and meat to expand. If crammed too full, it will burst in boiling. Sew up the bag with a needle and thread. The haggis is now complete. Put it in a pot with boiling water, and prick it occasionally with a large needle, as it swells, to allow the air to escape. If the bag appears thin, tie a cloth outside the skin. There should be a plate placed beneath it, to prevent its sticking to the bottom of the pot. Boil it for three hours. It is served on a dish without garnish, and requires no gravy, as it is sufficiently rich in itself. This is a genuine Scotch haggis.

Some persons use a portion of neck of mutton minced, instead of a portion of the lights. Some also put in a chopped onion, but this gives a strong flavour to the haggis.

LAMB'S HAGGIS.

This is a much more delicate dish, and less frequently made than a sheep's haggis. Procure the large bag, pluck, and fry of a lamb. The fry is composed of the small bowels, sweetbreads, and kernels. Prepare the bag, as in a sheep's haggis. Clean thoroughly the small bowels and other parts; parboil them, and chop them finely along with a quarter of a pound of suet. Mix with dried oatmeal, salt, and pepper, and sew the mixture in the bag. Boil it and attend to it in the same manner as a sheep's haggis.

BROTH OR "KAIL."

Broth is made of beef or mutton, but mutton is preferable, and is generally employed. Some families in winter make their broth of salted mutton, which has been steeped for a short time in water before using. In cases where meat of any kind cannot be obtained, it is not unusual to make the broth of a piece of butter or dripping kneaded up with a little oatmeal. The best broth is made as follows :—

Put into a pot three quarts of cold water, along with a cupful of pearl barley, and let it boil. As soon as it boils, put in two pounds of the best part of the neck or back ribs of mutton. Allow it to boil gently for an hour, skimming occasionally, and watching to prevent boiling over. Then add one carrot grated, two small turnips cut in squares, a few small onions shred; also two or three pieces of carrot and turnip uncut. Instead of part of these vegetables, according to taste put in the half of a small cabbage chopped in moderately sized pieces, or if cabbage cannot be procured, a similar quantity of greens. Leeks are also used instead of onions. Boil the whole for an hour longer, adding if necessary a small quantity of hot water to compensate the loss in boiling. The broth is now supposed to be done. Season with

salt only, and serve in a tureen. The meat, which is not expected to be over boiled, is served in a separate dish, garnished with the uneut pieces of turnip and carrot.

By this preparation, both the broth and meat are used, so that a small quantity of meat produces food for a large number. This is the universal dinner dish among the middle classes of Scotland, where it is often termed "kail," from the name of the greens which are employed.

HOTCH-POTCH.

This is a dish only to be obtained in perfection in summer, when green peas are in season. Put on two quarts of water, and when it boils, put in three pounds of the back ribs of mutton or lamb, paring off the fat if there be too much. Put in with the meat two or three carrots cut into squares, and two grated, also three or four sweet young turnips in squares, a cauliflower and a lettnee cut down, a few young onions shred, a little parsley, and about a pint of sweet young peas. Boil this for an hour and a half, then take out the meat and cut it in chops, laying it aside. Add another pint of young peas, seasoning with pepper and salt; and when these peas are done, put in the chops. In a few minutes afterwards, serve up the whole in a tureen.

COCKIE-LEEKIE.

This is beef or gravy soup, made as directed for BROWN Soup, to which is added a considerable quantity of leeks cut in pieces, and a large fowl, which is boiled till ready in the leek-soup, and served in the tureen with it.

SHEEP'S HEAD.

Procure as good a sheep's head as possible. The first thing done is to singe it with a hot iron, so as to free it completely from every particle of wool. This process is always performed in Scotland by a blacksmith, or some other person who makes a business of singeing heads. The horns should have been

previously sawed off by the butcher. When singed and ready for the cook, soak the head for some time in warm water, and then scrape it till it is perfectly clean, and as nearly white as possible. The head must now be split, and the brains removed. Take out the eyes, and scrape and clean out the nose; after which wash the head again, and let it lie in warm water for a short time. It is usual to procure the trotters along with the head, and to subject them to a similar treatment, as regards singeing, cleaning, and washing. The head and trotters being now ready for the pot, put them in with a sufficiency of water, and let them boil till the skin is soft and tender, which may be in three hours. When ready, serve with the trotters round the dish, and garnish with boiled carrot and turnip. Some persons serve with parsley and butter.

SHEEP'S HEAD BROTH.

Sheep's head is seldom prepared, as above, without at the same time making broth of the liquor. When broth is required, put in two small cupfuls of pearl barley along with the head. Skim it carefully; and when it has boiled about an hour, add two carrots and two turnips cut in slices, two or three shred onions, and a little parsley. Boil slowly till the skin of the head is tender, and season with salt only. Serve the broth in a tureen, and the head with the trotters round it on a dish; garnish with boiled turnip and carrot.

MINCED COLLOPS.

This is used chiefly as a supper dish, in cases of small parties, and enjoys considerable favour, from the ease with which it can be cooked on a short notice. Almost all butchers in Scotland sell the collops ready minced; but if they cannot be so obtained, prepare them as follows:—Take a pound of good juicy beef, and a proportionate quantity of suet. Mince the whole very fine, as if for sausages, taking away any bits of gristle or skin. Melt a piece of butter in a frying-pan, and then put in the collops. Stir them well, adding a little flour,

a little hot water or gravy, and season with pepper and salt, and a little ketchup. Onion may be chopped and put in along with the meat, if required. Ten minutes will dress a pound, which will form a dish for four or five persons. Serve in a hash dish.

POTATO SOUP.

Take any bones of cold roast meat, or a marrow bone, or, failing these, a piece of dripping, which put into a pot with cold water, according to the quantity required. Let it boil a short time ; then put in a quantity of potatoes well peeled or seraped, which have been previously soaked in boiling water to extract any disagreeable flavour from them. Add also one or two onions cut in pieces, a little pepper and salt, and let all boil for half an hour. Some of the potatoes will be melted down, while others will be nearly whole.

SAUCES AND FLAVOURS.

Sauces are liquid preparations to be used in giving a flavour or relish to dishes, and are of various kinds. A number are formed of melted butter, with an infusion of some other ingredients ; others are in the form of gravies drawn from fresh juicy meat ; and a third kind are composed partly of water, and some preserves, condiments, or spices. The variety of sauces is, indeed, endless, and ingenious cooks are continually discovering new ones. It is a general direction in making sauces, that each sauce should have its own peculiar flavour, and not possess a mixed or indefinable flavour from an improper compound of ingredients. Every sauce, also, should be served to table *hot*, whether it be poured over the dish or put in its own sauce-boat. Sauces, therefore, should not be made till they are on the point of being required.

There is little merit in making a good sauce when a person

has good and proper materials to make it with. The chief merit consists in furnishing a fine flavour from inadequate materials, as, for instance, giving a rich flavour of meat to a mass of potatoes, or some other plain dish, when no meat has been employed. This can only be done by knowing the qualities of various vegetable products, and how these, by means of cookery, may be made to resemble the juices of animal food. The vegetable products of which by far the most can be made by a skilful cook, are onions, mushrooms, and carrots. Onions and mushrooms, alone, furnish the most effectual substitutes for animal juices, and may be dressed so exquisitely as hardly to be distinguished from the gravy of beef. I shall describe how a very high flavour may be obtained from onions, and also from mushrooms.

ONION FLAVOUR.

Onion flavour is made by stewing. Take several large onions, and remove the thin outer film from them. Put them in a saucepan with a little salt and flour, and a small piece of butter or dripping, to prevent their burning. Cover them quite close, and set by the fire to brown and stew gently. Two hours will dress them, and at the end of this time they will be quite soft, and, with the addition of a little water, they will yield a rich gravy. This may be used to fry potatoes with, or to flavour any other dish.

MUSHROOM SAUCE.

Pick out the stems, and skin the mushrooms and the stems. Cut them in small pieces, and wash them. Then put them in a saucepan, with rather more water than will cover them. Let them stew gently for about half an hour, or till they are soft. They will now have yielded a fine rich sauce. Stir in a little flour and butter kneaded together, and season with pepper and salt. This preparation may be eaten with potatoes, the same as meat; it also forms an excellent sauce to many dishes.

BROWN ROO, OR THICKENING FOR SAUCES.

In all large kitchens there is to be found an article called *Roo* or *Roux*, which is used for a variety of purposes in cookery. It is a material for thickening gravies, enriching hashes, or infusing as a sauce in made dishes. Any quantity may be made at a time. Take a piece of butter and put it in a frying-pan on the fire, and brown it, stirring in at the same time a little flour previously browned before the fire. Keep stirring for a few minutes, till the whole forms a brown paste or consistency. Then pour it into a basin or small jar, in which it will harden like dripping, and will keep for a considerable length of time. When required for improving any dish, a piece can be cut out, according to the quantity which may be necessary. This most useful article is sometimes called the *cook's assistant*; but it is only useful in large kitchens, or when there is not time to make a thickening when required. Where there is little cookery, thickening should be made only when it is wanted.

MELTED BUTTER.

This must be made of fresh butter. Cut down the butter into small pieces, and put them into a small saucepan with cold water, in the proportion of an ounce of butter to a tablespoonful of water. Throw in flour from a dredger with the one hand, while with the other you turn the saucepan rapidly round, so as to cause the flour to mix without lumping. A small quantity of flour is sufficient. You now for the first time take the saucepan to the fire, and continue turning or shaking it till the butter is thoroughly melted. When it boils, it is ready; it should then have the consistency of rich cream. If it should oil in making, it may be partially recovered by putting a little cold water into it, and pouring it several times into and out of a basin.

This sauce is the foundation of a number of other sauces, various additions being made to it for the sake of variety.

CAPER SAUCE.

Melt butter as above, and stir in capers finely chopped. Let it boil for a minute, to take off the crispness of the capers. Some persons prefer the capers put in whole.

PARSLEY SAUCE.

Take some parsley, and after having removed the dead leaves, tie it in a bunch, and boil it for a short time, with a little salt in the water, to preserve its green appearance. Then chop the leaves only, very finely, and stir them into butter melted as above. The quantity of parsley to be used depends on taste.

CELERY SAUCE.

Cut down a head or two of celery into pieces of an inch long, and parboil them in water. Melt butter as above, substituting milk or cream for the water in melting the butter, if preferred. Put the celery into this, and season with grated nutmeg and white pepper. Let it come to the boil, but not more, as, if made with milk or cream, it is apt to curdle.

ONION SAUCE.

Skin the onions, and boil them in plenty of water. When they are soft, take them from the water, and chop them very fine. Melt butter as above, and stir them in, seasoning with a little pepper and salt.

EGG SAUCE.

Boil three or four eggs till they are quite hard. Peel and chop them down, and then stir them into melted butter. Season with a little pepper and salt.

CAUDLE SAUCE FOR PLUM-PUDDING.

Melt butter, as above directed, and stir into it a glass of sherry, half a glass of brandy or rum, a little sugar, grated

lemon-peel, and nutmeg. Do not let it boil after the spirits are added.

LOBSTER AND CRAB SAUCE.

Melt the butter, as above directed. Pick out the meat of a boiled lobster or crab ; chop it down very fine, and put it amongst the butter. Season with Cayenne pepper, and salt. If the lobster be procured raw, with berries or spawn on the outside, these should be taken off previous to boiling, and being mashed in a little cold water, may be added to the sauce after the lobster is put in. By boiling a little, the whole will become a bright red. This forms an improvement on common lobster sauce.

OYSTER SAUCE.

Take the liquor which runs from the oysters when they are opened, and parboil the oysters in it. Pick out the oysters and lay them aside. Strain the liquor, to free it from any impurities. Let it stand till cool ; then melt some butter as above directed, using this liquor instead of water. Now, put in the oysters and let them boil for a very short time, and season with a little salt and pepper. Take care to keep the butter rather thin, as the oysters thicken it considerably.

When the oysters are strong-tasted, fresh from the sea, clean water should be used instead of their liquor in melting the butter. Some use a little cream along with the water in melting.

BREAD SAUCE.

Grate down crumbs of bread. Put it in a saucepan on the fire, with as much sweet milk as will allow it to be thick. Add a piece of sliced onion, and stir it till the bread is soaked and the sauce is quite smooth. Season with pepper and salt.

APPLE SAUCE.

Pare and cut down good baking apples, being careful to remove all the cores. Put them in a saucepan to stew, with a very little water. Stew them till they are quite soft, and

reduced to a pulp. If they appear too moist, pour the water away. Then beat them up with a small piece of butter, which will make them ready for serving.

MINT SAUCE.

Take the leaves of fresh green mint. Wash them, and after drying them, chop them very fine. Mix them with vinegar, and add a little sugar.

BEEF GRAVY.

A pound and a half of beef will make a pint of good gravy. Cut the beef in slices, or sear it very deeply. Place it in a saucepan, with a bit of butter to prevent it from sticking, and a sliced onion. Brown the meat gently, being careful not to let it burn. Cover it closely, and let it stand beside the fire for about half an hour, to allow the gravy to run from the meat. Then put in about a pint of hot water, and let it boil slowly for an hour and a half, with some whole pepper. Some persons put in to boil along with it, a piece of bread toasted hard and brown, which thickens the gravy a little and adds to its richness. Season with salt, and strain it through a hair sieve.

FISH.

Fish are dressed in a variety of ways, according to the taste of individuals. They are boiled, broiled, baked, stewed, and fried, but the most common modes of preparation are boiling and frying—boiling when required to be done in a plain way, and frying when a high relish or flavour is to be given to them. In all modes of preparing fish, much care is required to prevent them from being broken or having a disfigured appearance.

TO BOIL SALMON.

Clean out, seale, and rinse the fish in water. Then put it in a good roomy fish-kettle with plenty of cold water, with a handful of salt. The usual time allowed for boiling of salmon is twelve minutes to each pound, but this must in a great measure depend on the thickness of the fish. The way to ascertain when it is ready, is to raise one end from the water, and try if a knife will pass easily betwixt the fish and the bone. If it pass easily, it is dressed sufficiently. When done, lift it immediately from the water, and place the fish drainer across the kettle, to allow the water to drip from the fish. Serve on a dish with a fish plate and white napkin under it, the napkin being next it. Garnish with green parsley. Sauce—plain melted butter, parsley sauce, or lobster sauce, served in a tureen.

TO BROIL SALMON, OR SALMON STEAKS.

Cut slices from the thick part of the fish, and having cleaned and sealed them, dry them, and dust them with flour. Broil them on a gridiron over a clear fire. When ready, rub them over with butter, and serve hot, with any of the sauces used for boiled salmon. Slices of hung or *kippered* salmon are broiled in the same manner.

TO FRY TROUTS OR SIMILAR FISH.

Trouts of a moderate size are dressed whole, and frying is the best mode of preparation. Take the trouts, and clean out and seale them. Dust them with flour, and put them in a frying-pan with hot dripping or lard. Turn them, so as to brown them on both sides. Lift them out and serve them on a dish; they will be improved by laying a napkin under them to absorb the grease.

In the country parts of Scotland, trouts are rubbed with oatmeal instead of flour, and some reckon that this improves the flavour.

TO BOIL TURBOT.

Select a thick fish of a white-creamy colour. After cleaning, but not cutting any part except in gutting it, lay it in salt and water, with the addition of a little vinegar, and let it soak a short time before boiling. Put it with the white side or belly upwards in a fish-kettle on the fire, with plenty of cold water, a handful of salt, and a cupful of vinegar. Let it heat slowly, and boil for half an hour after it has come to the boil. When done, serve with belly upwards, and garnish with any small fish fried, or with parsley and scraped horse-radish. Sauce—lobster, oyster, or plain butter.

TO BAKE TURBOT.

Cut a small turbot into slices, which clean and free from bones. Dip the slices in beat egg, and roll them in a mixture of crumbs of bread, minced parsley, pepper and salt. Place them in a dish well buttered all round, and bake them in an oven not very hot, or in a bachelor's or Dutch oven before the fire. They must be basted frequently with butter. When done, lay the pieces in a dish, and pour round them lobster or oyster sauce, highly seasoned with Cayenne pepper, salt, and ketchup.

Instead of being baked, slices of turbot may be fried after being prepared as above, and served with plain butter sauce.

TO BOIL HALIBUT.

This fish may be prepared and boiled in the same manner as turbot, but in boiling, ten minutes are allowed for each pound. It is baked and fried, also, the same as turbot.

TO BOIL COD.

Wash and clean it, and boil as directed for turbot. Serve it on a napkin, garnished with parsley and scraped horse-radish. Sauce—oyster sauce.

TO DRESS A COD'S HEAD AND SHOULDERS.

Take a cod's head and shoulders in one piece, which clean, and let lie among salt all night. When you are going to dress it, skin it, and bind it with tape to keep it firm. Put it in a fish-kettle, back upwards, with plenty of cold water, a handful of salt, and a little vinegar. Let it heat slowly, and boil for about half an hour. Then let it lie on the drainer across the top of the kettle, for the water to drip from it. After this, place it, back upwards, on the dish in which it is to be carried to table, cutting and drawing away the tapes very carefully. Brush it over with beat egg, strew crumbs of bread, pepper, and salt, over it, and stick pieces of butter thickly over the top. Set it before a clear fire to brown. A rich oyster sauce, made with beef gravy instead of water, and highly seasoned with Cayenne pepper, salt, and ketchup, is poured in the dish around the fish. Do not pour any on the top of the fish.

TO DRESS A MIDDLE CUT OF COD.

Clean the piece of cod, and make a stuffing of bread crumbs, parsley and onions chopped small, pepper and salt, a bit of butter, moistened with egg. Put this stuffing into the open part of the fish, and fix it in with skewers. Then rub the fish over with beat egg, and strew crumbs of bread, pepper and salt, over it. Stick also some bits of butter on it. Set it in a bachelor's or Dutch oven before the fire to bake. Serve with melted butter or oyster sauce.

TO BOIL HADDOCKS.

This is the simplest of all operations. Select haddocks of a middle size. Clean them well, and wash them, and boil with a little salt in the water. Twenty minutes or half an hour's boiling will be sufficient. Serve with oyster sauce.

TO DRESS HADDOCKS.

This is a most delicious dish when well prepared. Take pretty large haddocks, which clean and wash well. They will be firmer and better if they lie for a night in salt. When to be dressed, wash them and dry them. Cut off the head, tail, and fins ; then skin them, being careful not to tear the flesh. Cut the flesh neatly from the bone, and divide each side into two pieces. Dust them with flour, dip them into beat egg, and strew bread crumbs over them. Fry them in a frying-pan, with a sufficiency of hot dripping or lard to cover them. Be careful that the dripping is not hot enough to seorch the fish. The way to ascertain the proper degree of heat of the fat, is to dip a thin slice of bread into it, and when it makes the bread of a light brown tinge, put in the fish. If the fat be too hot, it will make the bread of a deep brown. Turn the pieces carefully, so as to brown both sides, and when done, lay them before the fire on a drainer for a few minutes. Serve in a dish garnished with parsley. Sauce—oyster sauce, or plain melted butter.

The fat in which haddocks are fried will answer the same purpose again, if put through a hair sieve, and poured in a jar, and kept in a cool place.

TO RIZZARD HADDOCKS.

This is a way of dressing haddocks chiefly in use in Scotland, and is suitable only where the haddocks are to be had perfectly fresh. Take haddocks of a middle size ; gut them, and wash them thoroughly ; rub them well with salt, and allow them to lie in salt for one night. Next day, hang them up by passing a thick wire through their eyes ; they should be hung for two days in the open air outside of a house, where the sun will not touch them. When to be dressed, take out the back bone, and skin them. Broil them on a gridiron, and rub them with a little butter before taking them to table. By this process, they are sweet and short, and form a nice light supper or breakfast dish.

TO FRY SKATE, SOLES, FLOUNDERS, WHITINGS, AND EELS,
AND ANY OTHER WHITE FISH.

Skate and soles are skinned and dressed in the same manner as haddocks, but soles are fried whole, not cut in pieces. Flounders are likewise fried in the same manner, whole, but do not require to be skinned. Eels must be skinned and cut in pieces.

MACKEREL.

Mackerel may be either boiled like haddocks, or fried like trouts. They must not be cut, except for gutting, as they are very delicate, and are easily disfigured in appearance.

TO BAKE HADDOCKS.

Take two or three haddocks, gut and clean them, and lay them all night among salt. When to be used, skin them, and cut off the heads, tails, and fins. Make a stuffing of bread crumbs, chopped onions and parsley, and a little bit of butter. Sew this into the bellies of the fish. Rub them over with butter, strew bread crumbs over them, and bake them in an oven or before the fire.

FISH AND SAUCE.

Take two or three haddocks, gut and clean them, and lay them all night among salt. When to be used, skin them, cut off the heads, tails, and fins. Boil these trimmings for three quarters of an hour in a little water. Brown a little flour and butter in a stew-pan, and then strain the liquor and put it to the butter; add sliced onion, chopped parsley, salt, a little Cayenne pepper, and a spoonful of ketchup. When all this has boiled for a few minutes, cut the fish in several pieces, and let it boil gently till dressed.

TO STEW EELS.

Clean out and skin the eels; cut off the heads, fins, and tails, and divide the bodies into pieces of four or five inches

long. Put the pieces into a stew-pan with as much water as will just cover them, with a few leaves of parsley, and a little pepper and salt. Boil for about a quarter of an hour. Then put the pieces to one side of the pan, and thicken the sauce with a little flour and butter kneaded together. Serve in a hash dish, with bits of toasted bread around the edges.

When required to be very rich, the pieces of eel may be dipped in beat egg, covered with crumbs of bread, and browned in a frying-pan, and afterwards stewed in a highly seasoned beef gravy.

TO BAKE OR PICKLE HERRINGS.

Take ten or a dozen fresh herrings. Clean them, and wipe them with a damp cloth to take off the scales. Do not wash them. Cut off the heads, tails, and fins, and take out the centre bone. Lay them flat, and roll them up with the back outwards, and pepper and salt inside. Place them neatly in a pie dish, and stick bits of butter on the top. Shake some pepper and salt over them, and pour in vinegar and cold water, according to taste. Bake in an oven.

TO BOIL HERRINGS.

After being thoroughly cleaned, boil them in equal quantities of vinegar and water.

TO DRESS COLD FISH.

By the following plan, a good dish may be made from cold fish which has been left from dinner of the previous day. Any kind of fish will be suitable. Free the fish from the bone, and cut it into small pieces. Season this with onions and parsley chopped, and salt and pepper. Beat two eggs well with a tablespoonful of ketchup. Mix the whole together with the fish, and put it in a baking dish with two or three small slices of bacon over it. Bake before the fire in a bachelor's or Dutch oven. Serve with oyster sauce or melted butter.

TO BOIL SALT FISH.

The fish is to be cut in pieces and well steeped in water. Put the pieces into the pot with cold water, and boil them for about twenty minutes. Serve with egg sauce and boiled parsnips, in separate dishes.

TO SCALLOP OYSTERS.

Scald the oysters in their own liquor. Pick them out of the liquor, and lay them in a dish, or scallop shells, or tins, strewing crumbs of bread mixed with pepper and salt over each layer, and finishing with crumbs. Moisten the whole with a small quantity of the liquor in which the oysters were scalded, and stick pieces of butter thickly over the top. Place the dish before the fire to bake. From ten to twenty minutes will be required, according to the quantity.

TO STEW OYSTERS.

Wash the oysters in clean cold water, taking off the beards if particular neatness is required. Then put the oysters into milk in a saucepan, and boil for five minutes. Knead a piece of butter with some flour, and stir it in to thicken. Let this boil for a minute or two, stirring all the time to prevent burning. Take now off the fire, and season with pepper and salt. Serve in a hash dish, with bits of toasted bread laid around.

TO FRY OYSTERS.

Make a thick batter of eggs, milk, flour, pepper, and salt, and dip the oysters singly in the batter; after which, fry them in dripping or lard in a frying-pan, being careful that they do not stick together. A sauce may be used, composed of the liquor of the oysters, thickened with flour and butter, and seasoned with Cayenne pepper and a little ketchup.

Mussels may be dressed in the same manner, but several are dipped together in the batter, by means of a spoon, and so fried together.

TO MAKE A CRAB PIE.

Procure the crabs alive, and put them in boiling water, along with some salt. Boil them for a quarter of an hour or twenty minutes, according to the size. When cold, pick the meat from the claws and body. Chop all together, and mix it with crumbs of bread, pepper and salt, and a little butter. Put all this into the shell, and brown before the fire. A crab shell will hold the meat of two crabs.

LOBSTERS TO BE EATEN COLD.

Procure the lobsters alive. Hen lobsters are the best, as they have spawn in and about them. Put them in boiling water, along with some salt, and boil from half an hour to three quarters of an hour, or more, according to the size. When done, take them out of the water and wipe the shells. Before they are quite cold, rub the shells with a buttered cloth. Take off the large claws, and crack the shells carefully, so as not to bruise the meat. Split the body and tail lengthwise, in two pieces. This may be done with a knife. Place the whole of the pieces ornamentally on a dish, and garnish with parsley.

DRESSING VEGETABLES.

All vegetables ought to be cooked fresh from being gathered, or as nearly so as possible. Excepting peas and spinach, each kind of vegetable should be boiled in a large quantity of water, to carry off any rankness of flavour. They should also be served as soon as dressed, and not permitted to lie a moment in the water after they are ready for dishing. All kinds of cabbage and greens are the better for being boiled with a little carbonate of soda in the water, which will preserve their green appearance. The carbonate of soda is a

material resembling flour in appearance, and may be obtained from any druggist. Cauliflower and brocoli require great care in boiling, for the flower easily breaks, and their appearance is spoiled. The time for boiling vegetables depends so much on their age, freshness, and size, that no directions can be given on that point. The best way to ascertain when they are ready, is to pass a fork through the stem.

TO BOIL GREEN PEAS.

Peas should not be shelled till just before they are to be used. After shelling, put them into boiling water, just enough to cover them, with a little salt ; and when they are not very young, put a little sugar in the water. They will require about twenty minutes to boil. When done, strain them through a cullinder, and put them into a vegetable dish with a few bits of butter ; stir them gently till the butter is mixed with them.

TO DRESS ASPARAGUS AND SEA-KALE.

Scrape the asparagus, and after washing them in cold water, bind them in small bundles, placing the green heads together, and cut them off even at the other end, leaving them about five inches long. Then put them into boiling water with a little salt, and boil till the heads are tender. Toast some slices of bread, after which dip the slices in the water, and lay them on a dish. Untie and place the asparagus on the bread, with the heads inmost. Serve melted butter in a separate dish.

Sea-kale is dressed in the same manner, except that there is no bread laid under it.

TO BOIL CARROTS AND PARSNIPS.

Carrots require to be seraped, and to boil till they are soft. The length of time for them boiling depends on their age and size. Small carrots are served whole, but large ones should be cut in four pieces lengthwise.

Parsnips require to be scraped and prepared in the same manner.

TO BOIL TURNIPS AND JERUSALEM ARTICHOKEs.

Old turnips require to be pared much deeper than young ones. When they are very small, peel off the skins, but do not pare them ; and after boiling, serve them whole, with a little melted butter in the dish. Large turnips are cut in pieces before being put in the pot, and they are either served in these pieces, or mashed with a little butter, pepper, and salt.

Jerusalem artichokes are dressed and served in the same manner as small turnips, except that they are not peeled till after they are boiled.

TO BOIL FRENCH BEANS AND SCARLET RUNNERS.

Cut off the tops and tails, and strip the strings from the backs of the pods. Then cut the pods in pieces slantingly across, or split them from one end to the other, and then cut them across. Lay them in cold water for a few minutes ; and after straining them, put them into boiling water with a little salt, and carbonate of soda. Boil till they are soft ; strain them with a cullinder, and serve them with melted butter in a separate dish.

Scarlet runners are prepared in the same manner, but usually require to be split into three or four pieces.

TO BOIL SPINACH.

Spinach requires more care in cleaning than any other vegetable. Each leaf must be picked separately from the stem or root, and washed in several waters. Put it in a cullinder to drain ; after which put it into a saucepan to boil. If required to have a mild flavour, boil in a considerable quantity of water, but when the bitter of the spinach is liked, boil in very little water. It is usually dressed with hardly any water. Put in a little salt with it, and press it

down frequently. Let it boil or stew till it is quite soft. When done, spread a towel over a cullinder, and pour the spinach into the towel. Then squeeze the water from it, chop it fine, and put into a stew-pan with a little salt and a bit of butter. After stirring and beating for a minute, put it into a flat dish, and mark it in squares with a knife, cutting it quite through, for the sake of letting it be easily helped at table.

TO BOIL BEETROOT.

Wash and brush it quite clean, being careful not to break off the top or any of the projecting fibres, as any opening made in the skin will allow the juice to escape, and thereby spoil the appearance of the root. Boil for an hour or more, according to the size. When done, skin and trim it, and serve in a vegetable dish. If cut in slices, when cold, and covered with vinegar, it makes an excellent pickle, and will be ready for use in twelve hours.

POTATOES.

These useful vegetables, as every one knows, may be dressed in a variety of ways. When to be presented plain at table, they may be either boiled in water or steamed. Some potatoes are best when boiled, while steaming is more suitable for other kinds. There is therefore no exact rule upon the subject. In general, they are better when they are boiled, and when put into just enough of cold water to cover them. A little salt should be put into the water to impart a flavour, and they should boil very slowly. Fast boiling will break their skins before they are soft in the inside. In most instances, they are spoiled by over-quick boiling. When sufficiently done, pour the water from them, and set them by the side of the fire with the lid off, to allow the steam to escape, or fold a napkin and place over them to absorb the moisture. Before serving, peel them, and place them in a dish with a napkin over them. Plain potatoes

should never be sent to table without a napkin, for it keeps them warm, and, at the same time, allows the moisture to escape. When potatoes are to be mashed, they are pared either before or immediately after boiling, and mashed so as to be completely free from lumps. Some milk and butter, and a little salt, are stirred in before serving.

SALADS.

Salad is a general name for certain vegetables prepared so as to be served and eaten raw. Salads are composed chiefly of lettuce, endive, radishes, green mustard, land and water cresses, celery, and young onions. All or any of them should be washed and placed ornamentally in a salad bowl; the lettuce is generally cut in pieces lengthwise and stuck round the dish; the celery, also divided, is placed in the centre; and the small salads, such as cresses and radishes, are placed between. This is the mode of serving a salad plain.

A DRESSED SALAD.—When a dressed salad is to be served, the whole is cut in small pieces, and mixed in the bowl with a dressing. The dressing is made in the following manner:—For a moderate quantity of salad, boil one egg quite hard; when cold, take out the yolk and bruise it with the back of a spoon on a plate; then pour on it about a teaspoonful of cold water, and about a teaspoonful of salt. Rub all this together till the egg has become quite smooth like a thick paste. Add a teaspoonful of made mustard, and continue mixing. Next, add and mix a tablespoonful of salad oil or cold melted butter. After this, add and mix a tablespoonful or more of vinegar. The dressing is now made, and may be either mixed with the salad, or put into a glass vessel called an *incorporator*, which is sent to table along with the salad. The top of the salad may be ornamented with small bits of the white of the egg, and pieces of pickled beetroot.

PIES AND TARTS.

Pies are of two distinct kinds—meat pies and fruit pies or tarts. Both are composed partly of paste, and therefore a knowledge of making pastry is indispensable in the economical housewife and cook. For this operation, the hands should be washed very clean, and care taken to have the board for working upon, smooth, clean, and dry. A marble slab is better than a board, but few can command this convenience, and a board is usually kept for the purpose. Should the board or table be any way rough, lay a sheet of stout white paper upon it. Before commencing to roll or knead the paste, dredge a little flour upon it. In all cases of making paste, the butter, whether fresh or salt, should be perfectly free of taint, or any rankness of flavour. It is very necessary to give this direction, for many persons seem to imagine that butter of any kind, however bad, is good enough for paste. Dripping, when well prepared and kept, or lard, will answer as a substitute for butter, and make the paste equally agreeable to the taste. At one time, raised pies—that is, pies covered all over with paste—were common, but these are now rarely seen of a large size for families. Pies are now made in earthenware dishes, and merely covered with paste. The way to make paste for raised and covered pies is as follows.

PASTE FOR RAISED PIES.

Put in a saucepan on the fire, half a pint of water, with five ounces of good lard, and let it boil. Put two pounds of flour into a basin, and pour the boiling water and lard into it, by degrees, mixing the whole well together with a spoon. After this, pour the paste upon the board, and knead it till it is a stiff dough. Cut a piece off to form the cover, and mould and knead the remainder with the hands into the form

of an oval or round dish. Then put in the meat ; flatten the paste for the cover ; and after wetting the edges of the sides, place on the cover. Press it firmly round the edges to make it unite, and pare it neatly round. The top is decorated or carved according to the fancy of the cook.

PASTE FOR COVERING MEAT PIES.

A good common paste for covering dishes or meat pies, and which paste is intended to be eaten, is made as follows : Three ounces of butter, and one pound of flour, will be sufficient for one dish. Rub the butter well amongst the flour, so as to incorporate them thoroughly. If the butter be fresh, add a little salt. Mix up the flour and butter with as much cold water as will make a thick paste. Knead it quickly on a board, and roll it out flat with a rolling-pin. Turn the dish upside down upon the flattened paste, and cut or shape out the piece required for the cover. Roll out the parings, and cut them into strips. Wet the edges of the dish, and place these strips neatly round on the edges, as a foundation for the cover. Then, after putting in the meat, lay the cover on the dish, pressing down the edges closely to keep all tight. If any paste remain, cut or stamp it in ornaments, such as leaves, and place these as a decoration on the cover.

On taking pies from the oven, and while quite hot, the crust may be glazed with white of egg and water beat together, or sugar and water, laid on with a brush.

BEEF-STEAK PIE.

Take some slices of tender beef mixed with fat ; those from the rump are the best. Season them with pepper and salt, and roll each slice up in a small bundle, or lay them flat in the dish. Put in a little gravy or cold water, and a little flour for thickening. Cover as above directed, and bake in an oven for about an hour.

VEAL PIE.

Take chops from the back ribs or loin, and take out the bones. Lay the chops flat in the dish, and strew over each layer a mixture of minced parsley, flour, pepper, and salt. Add a little gravy, which may be made from the bones. Cover as above directed, and bake for rather more than an hour, for veal requires to be well dressed.

LAMB PIE.

Take chops from the back ribs, or slices from the leg, and lay flat in the dish. Season with pepper and salt, and add a little gravy or water. Cover as above directed, and bake for an hour. Mutton pies are made in the same manner, but they are very greasy, and seldom brought to table.

PIGEON PIE.

Pick and clean the birds well. Cut off the heads, and truss them by turning the wings on the back, cutting off the feet, and drawing the skin of the belly over the legs. Put a bit of butter, and a little pepper and salt, inside each bird. Place a single layer of beef or veal in the bottom of the dish. Lay the birds on the meat, with breasts upwards, and with the gizzard and livers round them. Some add a few whole hard-boiled eggs. Add a little gravy or water. Cover as above directed, and bake for an hour.

ROOK PIE.

Pick and clean the birds well. Cut off the heads and feet, and cut out and throw away the back-bones. After this steep them in cold water and salt for several hours, in order to extract all rankness of flavour from them. Season them with pepper and salt, and place them in the dish on a layer of meat. Pour over them some thick melted butter. Cover as above directed, and bake for three quarters of an hour.

RABBIT PIE.

Skin, clean out, and wash the rabbits well. Cut them in pieces, and season them with pepper and salt. You may place slices of beef steak, ham, or bacon, below them in the dish. Add a little water or gravy, and a little flour to thicken. Cover as above directed, and bake for an hour and a half.

GIBLET PIE.

Procure goose giblets, and prepare them as for making GIBLET SOUP. Stew them in a little water for about an hour. Take them off the fire, and take the giblets from the liquor. Let the giblets and the liquor stand separately till cool. When cold, make the pie by laying beef or veal at the bottom of the dish, and the giblets above. Season with pepper and salt. Add a little flour to the liquor, and pour it in. Cover as above directed, and bake for about an hour and a half in a moderately heated oven.

EEL PIE.

Skin the eels; cut off their heads, tails, and fins, and clean out the guts. Cut them in pieces, and lay them in the dish, seasoning with pepper and salt. A gravy may be made to pour upon them, by boiling the heads, tails, and fins, in a little water, seasoned with a little pepper and salt, and thickened with a little flour. Strain this, and after it is cold pour it on the eels in the dish. Cover as above directed, and bake for about an hour.

PUFF PASTE FOR FRUIT PIES OR TARTS.

The paste for tarts is made much lighter than for meat pies. This is done by mixing a greater quantity of butter with the flour. The proportion of ingredients is half a pound of butter to two pounds of flour. Take one-third part of the butter which is to be used, and mix it with the flour, by rubbing together. If the butter is fresh, add a little salt.

Put sufficient water to the flour to form it into a dough. Knead it quickly, and roll it out. Then divide the remainder of the butter into four or five equal portions. Spread one of these portions equally over the paste, by means of a knife, or sticking it over in small pieces. Dredge lightly with flour, and roll up the paste, with the butter inside. Flatten the paste again with the rolling-pin, and proceed in the same manner with the second portion of butter; then proceed with the third in the same manner, and so on, till all the butter is incorporated. In baking tarts, the oven should not be so hot as for meat pies.

ICING FOR TARTS.

After tarts are baked, they are sometimes iced on the top, to improve their appearance. The icing is done in the following manner:—Take the white of an egg, and beat it till it is a froth. Spread some of this with a brush or feather on the top or cover of the tart, and then dredge white sifted sugar upon it. Return the tart to the oven for about ten minutes.

APPLE PIE.

Pare and take out the cores of the apples, cutting each apple into four or eight pieces, according to their size. Lay them neatly in a baking-dish, seasoning with brown sugar, and any spice, such as pounded cloves and cinnamon, or grated lemon peel. A little quince marmalade gives a fine flavour to the pie. Add a little water, and cover with puff paste, as above directed. Bake for an hour.

GOOSEBERRY PIE.

Pick the heads and stems from unripe or hard gooseberries, and rub them with a towel to clean them. Fill the dish with them, and add a considerable quantity of brown sugar, with a very little water. Cover as above directed, and bake for upwards of an hour. Some persons stew the gooseberries

in sugar before putting them in the dish, in which case they require less baking.

RHUBARB PIE.

Take stalks of fresh-pulled rhubarb. Cut off all the leaf, and strip off the skins. Cut the stalks into pieces of an inch long. Fill the dish, adding plenty of sugar. Cover as above directed, and bake for half an hour. Some persons stew the rhubarb before baking : the advantage of this is, that more can be put into the dish, for it shrinks considerably in dressing.

CRANBERRY, RASPBERRY, AND OTHER TARTS.

Cranberries, raspberries, and other small fruits, may be made into pies in the same manner as gooseberries. All require to be picked and wiped, and to have sufficient sugar to sweeten them. The dish should also be well filled, and raised higher in the middle than the edges, for the fruits diminish considerably in bulk in baking.

MINCE PIE.

Mince pie is a composition of meat, fruit, various spices and seasonings, and also spirits. The following is a properly proportioned mixture :—Take and mince a pound of beef suet, and a pound of roast beef, or dressed fresh bullock's tongue : also a pound of apples pared and cored, minced separately from the suet and meat ; a pound of currants washed and picked, a pound of stoned and chopped raisins, an ounce of ground cinnamon, half an ounce of ground ginger, an ounce of orange and an ounce of lemon peel, and a little salt ; half a pound of raw sugar, one nutmeg grated, two glasses of brandy and two of sherry. Mix all these ingredients together, and lay the bottom of your dish or small tin pans with paste ; fill these with the mince, and then cover them with puff paste. Put in the oven, and bake for half an hour. If the whole of the mixture be not used, what remains over will keep for a long time, if placed in a close jar. Some persons do not put any meat in their mince pies.

OPEN TARTS.

These are tarts without covers, made in flat dishes. Cover the bottom of the dish with a common paste; then cut a strip of puff paste and lay round the edge of the dish. Fill in the centre with any jam or preserved fruit. Decorate the top of the jam with narrow bars of paste crossed all over, or stamped leaves. Bake for half an hour.

PUDDINGS AND DUMPLINGS.

Care should be taken in making puddings to have the suet and the eggs which are put into them perfectly fresh. If there be any doubt of the freshness of the eggs, break each individually in a tea-cup, for one bad egg will spoil all the eggs in the dish. The cloths used for puddings should be of tolerably fine linen. Let them be carefully washed after using, and laid by in a dry state, ready for the next occasion. Before putting the pudding into the cloth, dip the cloth in boiling water, and after the water has run from it, spread it over a basin, and dredge it with flour. Every pudding should be boiled in plenty of water, so as to allow it room to move freely, and it must be kept constantly boiling. It is a general saying among cooks, that a pudding *cannot be too well boiled*, and it is certain that there is much more danger of boiling it too short than too long a time. When you take the pudding from the pot, plunge it for a few seconds into a jar of cold water. This will chill the outside, and allow the cloth to be taken away without injuring the surface. The best way to dish a pudding, is to place it with the cloth in a basin, then open the cloth, and lay the face of the dish upon the pudding; turn the whole upside down, lift off the basin, and remove the cloth.

PLUM PUDDING.

A plum pudding may be made either rich or plain, according to the quantity of fruit and spices put into it. The following is the direction for making what would be considered in England a *good Christmas pudding*:—Take a pound of good raisins and stone them ; a pound of currants, which wash, pick, and dry ; a pound of rich beef suet minced, and a pound of stale bread crumbs, and half a pound of flour. Mix the bread, flour, and suet in a pan. Beat six eggs in a basin, and add to them about half a pint of sweet milk. Pour this egg and milk into the pan with the suet and flour, and beat it well with a flat wooden spoon for some time. Then stir in the currants and raisins, mixing well as you proceed ; mix in also a quarter of a pound of candied orange and lemon peel, cut in thin small pieces, an ounce of powdered cinnamon, half an ounce of powdered ginger, a nutmeg grated, and a little salt. Next add a glass of rum or brandy. The pudding is now made, and ready to be either baked or boiled, according to taste. If to be baked, butter your tin or basin, and put the pudding into it, and bake in an oven for an hour and a half, or nearly two hours. If to be boiled, pour it into a cloth ; tie the cloth, allowing a little room to swell if made of bread, and boil for six hours. Serve with caudle sauce.

CURRANT PUDDING.

An excellent family pudding may be made of the following ingredients:—A pound of minced suet, a pound of bread crumbs or flour, three quarters of a pound of currants, washed and picked, a little powdered cinnamon and grated nutmeg, and a very little salt. Beat two eggs, and add as much milk to them as will wet the whole. Mix all together, tie in a cloth as previously directed, and boil for three hours. Serve with caudle, or any simple sweet sauce.

HARD DUMPLING.

This is the plainest of all puddings, and is sometimes served with boiled salt beef. It is also sometimes cut in slices and placed in the dripping pan below roasting meat, for about half an hour before the meat is dished. Take a quarter of a pound of suet mixed very fine; mix it with a pound of flour; add a little salt, and wet it with water to the consisteney of dough. Divide it into small dumplings, and put them into boiling water, and boil for an hour and a half, taking care that they do not stiek to the bottom of the pot. No cloth is used.

BREAD PUDDING.

Boil as much milk as will be sufficient for the pudding you want. When it begins to boil, or rise in the pan, pour it upon crumbled down stale bread in a basin. The quantity of bread should be as much as will thicken the milk to a stiff consisteney. Cover it up for ten or fifteen minutes, to allow the bread to swell. Then beat or mash it up to make a fine pulp, stirring in a small piece of butter. Beat three or four eggs, a teaspoonful of ground cinnamon, a little grated lemon peel, and sugar according to taste. Stir this among the pudding. A little brandy or rum may be added; also a few currants, if required. The pudding may be either boiled or baked. If to be boiled, put it in a well-buttered pudding shape or basin, with a buttered paper over it, and also a cloth over all; boil for an hour. If to be baked, put it into a buttered baking dish, and bake in an oven for half an hour.

RICE PUDDING.

Take a pretty large cupful of rice; pick it, and wash it well in cold water. Boil it in water for about five minutes. Drain the water off, and put it on again with as much milk as you require. Let it boil till the rice is quite soft, stirring it frequently to prevent it from burning. When done, put it into a basin, and stir in a piece of butter, or some suet

minced very fine. When cold, add to it four eggs beaten, with a little ground cinnamon, grated nutmeg and lemon, and sweeten with sugar. All is to be mixed well together. It may be either boiled or baked, as directed for bread pudding. The above composition may be enriched by using more eggs and less rice, also by adding currants, spirits, and candied oranges, and lemon peel.

CUSTARD PUDDING.

Take four eggs, and beat them well with two tablespoonsful of flour and a little cold milk. Season this with sugar, ground cinnamon, grated lemon peel, and pour on a pint of boiling milk, stirring all the time. It may be either baked or boiled. By using more eggs, the flour may be omitted.

BREAD AND BUTTER PUDDING.

Cut several slices of bread rather thin; butter them on one side; put a layer of them in a pudding pan or dish, and a layer of currants above; then another layer of bread, and so on, till the dish is full. Beat four eggs, with a little ground cinnamon and nutmeg, also some sugar. Add milk to this, till there is sufficient to fill up the dish. Then pour it over the bread, and allow it to stand for a time to soak. It will now be ready for either baking or boiling, as directed for bread puddings.

TAPIOCA PUDDING—SAGO PUDDING.

Take a quart of milk, and put in it six tablespoonsful of tapioca. Place it on the fire till it boil; then sweeten to taste, and let it simmer for a quarter of an hour. Stir it frequently, and be careful that it does not burn. Then pour it into a basin, and stir into it a little fresh butter and three eggs well beaten; you may now pour it into a buttered pudding dish, and bake for about an hour; or, after adding another egg, boil it in a basin or mould for an hour and a half. Sago pudding may be made in the same manner.

BATTER OR YORKSHIRE PUDDING.

Take a quart of sweet milk, and mix in it a large cupful of flour, making the mixture very smooth. Beat four eggs, and strain them into the batter. Add a little salt, and mix all well together. Butter your dish or tin, and pour the batter into it. Place the dish either before the fire under roasting meat, or under meat sent to the oven. The pudding, when done, easily shakes out of the dish into another dish to be carried to table. It should have a nicely browned appearance. When dressed before the fire, either turn the pudding, or place the dish a short time on the fire to brown the under side.

PEAS PUDDING.

Pick a quart of split peas, that is, remove all impurities, or discoloured peas, or shells. Tie them loosely in a cloth, leaving plenty of room for the peas to swell. Boil till they are soft, which may be in from two to three hours. Take the pudding from the water and put it into a basin. Open the cloth, and bruise or mash the peas well. Mix in a piece of butter, with pepper and salt. Then tie it up tightly, and put it into the pot again, and boil for about half an hour. When ready, turn it out of the cloth into a vegetable dish. If properly managed, it will turn out whole.

FRUIT PUDDINGS.

Fruit puddings consist of fruit enclosed in a paste, and boiled. They may be made of apples pared and cut in pieces, green unripe gooseberries, currants, raspberries, cherries, and other fruits. They are all made in the same manner. The best paste for them is made of beef suet chopped very fine, and flour, in the proportion of four ounces of suet to a pound of flour. Mix it into a dough with water and a little salt; then knead it and roll it out; place the fruit in it, gather up the edges, and tie it in a cloth, or place it in a basin, as directed for other puddings.

A ROLL PUDDING.

Make a paste of flour and dripping, or suet, as previously directed for plain paste. Roll it out flat, to about half an inch thick. Then spread gooseberry jam, or any other preserved fruit, over the paste, but not quite to the edges. After this, roll it up, and cause the outer edge to adhere. Next, roll it in a cloth, and tie the ends tightly. Boil it for an hour or an hour and a half, according to the size. When done, take the cloth off, cut the pudding in slices, and serve with any sweet sauce over it.

MEAT PUDDINGS.

Meat puddings are made in the same manner as fruit puddings, the only difference being, that pieces of beef, mutton, lamb, or veal, are placed inside of the paste instead of fruit. The meat should be seasoned with salt and pepper. One of the commonest of this kind of puddings is a beef-steak pudding. If it contain two pounds of meat, it will require about two hours and a half to boil, and, if larger, it will take a longer time.

LIGHT DISHES AND CONFECTIONS.

Under this head I include those various light and elegant dishes which are generally put upon the table in the last course, along with puddings and pies; also those preserves which are occasionally served at tea and supper parties. In making all articles of this description, very considerable care and cleanliness are required. The tin shapes or moulds for jellies should be kept particularly clean; if they are used with any particles of dirt inside, the jellies will in all likelihood not turn out neatly. I have already mentioned, that the turning out may be facilitated by dipping the mould for

an instant or two in hot water. It is a common belief that fruits, such as gooseberries and currants, cannot, without spoiling, be dressed for preserving, except in a brass, copper, or silver pan. This is an error. They may be dressed equally well in a tinned iron saucepan. Every kind of berries for preserving should be gathered in sunny weather, when the fruit is as free of moisture as possible.

In the following directions, no exact definition can be given of the quantity of small seasonings and spices to be used ; that is left to the taste of the cook.

CUSTARDS.

Boil a quart of sweet milk, with stick cinnamon, the rind of a lemon, and a few laurel leaves or bitter almonds, and sugar. Beat the yolks of eight eggs along with the whites of four of them ; add a little milk, and strain the egg into another dish. When the quart of milk boils, take it off the fire, and strain it ; then stir the egg into it. Return the whole to the saucepan, and set it on the fire again, stirring constantly. Let it come to the boiling point ; then take it off the fire, pour it into a large jug, and continue stirring it till it is nearly cold. It should now have the consistency of thick cream, and is ready for being poured into custard glasses. When the glasses are filled, grate a little nutmeg over them.

CALF'S-FOOT JELLY.

Take two calf's-feet well cleaned ; break them in several pieces, and put them in a saucepan with three quarts of cold water. Boil it slowly till it is reduced to about a quart and a half. Strain it, and let it stand till cold. Take off the fat carefully when cold. Put the jelly into a saucepan, keeping back the sediment ; put in along with it the juice and the yellow rind of three lemons, two stalks of cinnamon, half a bottle of sherry wine, the whites of eight eggs well beaten, with the shells broken, and white sugar according to taste. Mix this altogether, and put it on to boil for twenty

minutes. Take it off, and let it settle with a cloth over it for a few minutes. Then pour it through a clean jelly-bag, made of thick flannel. It will take some time to run; therefore hang the bag near the fire, cover it, and let the liquid run slowly from it into a jar. If not perfectly clear, run it through the bag again; but if as clear as is required, it is now ready, and may be poured into the shapes.

Plain calf's-foot jelly may be made with ale instead of wine, and vinegar instead of lemons.

BLAMANGE.

Blamange, or Blanc-Mange—so called from its white appearance—is a jelly made of isinglass and milk. Take a quart of sweet milk, or cream, and put in it two ounces of the best isinglass. Put it in a saucepan, with the rind of a lemon, a blade of mace, and white sugar to taste. Let it boil a quarter of an hour. Take the skins off six bitter almonds and twenty-four sweet ones, and pound them to a paste with a little water. Mix this with the boiling milk, and strain it through a muslin sieve. Let it settle for a short time, and then pour it into the shape, keeping back the sediment. Turn out when cold, as already directed.

ARROW-ROOT BLAMANGE.

This is a jelly closely resembling the above, and is made with much less trouble. Take a quart of sweet milk, and put it all in a saucepan, excepting about half a pint. Sweeten it with white sugar. Mix about three tablespoonsful of arrow-root with the half pint of milk, taking care to bray it all well down. When the milk on the fire boils, pour in the arrow-root, stirring quickly to prevent lumping or burning. It will become thick immediately. Let it boil for two or three minutes. Wet the shape with cold milk, and pour the arrow-root into it. Let it stand till cold, and turn out as already directed. Some persons flavour the milk in the pan with essence of lemon.

RICE BLAMANGE.

Wash and pick a teacupful of rice, which boil in a pint of milk till quite soft. Sweeten or season it with pounded cinnamon or grated nutmeg. Pour it into a shape, and, when cold, turn it out as already directed. It may be garnished with red or black currant jelly, which is to be eaten along with it.

MOSS BLAMANGE.

There is a moss of a peculiar kind, found on the sea-shores of Iceland, Ireland, and other places, which is of a glutinous quality, like isinglass, and which, when boiled in milk, forms a fine smooth white jelly. The discovery of the properties of this plant is recent, and is yet not very generally known. I shall, therefore, be particular in my directions. The moss is called Iceland or Irish moss; it is sold by druggists, and when bought resembles dried sea-weed of a yellowish colour. Take one ounce (which will probably cost twopenee), and pick from it all gritty or sandy particles. Soak it in cold water for about twelve hours. Take it from the water, place it in a cullinder, and drain it. Being drained, place it in a saucepan on the fire with a pint and a half of sweet milk. Let it boil for half an hour, and keep stirring it all the time, to prevent it from burning. During the boiling, sweeten it with sugar, and flavour it with cinnamon, or any other spice you please. At the end of the half-hour's boiling, the moss will be almost entirely dissolved, leaving nothing but a few thready fibres. You now strain it through a sieve, into a shape or mould. When cold, it will turn out easily, and have all the appearance of a firm blamange. This forms one of the cheapest blamanges that can be served to table; it is also agreeable to the palate, and very nutritious. In cases of a hurry in cooking, six hours' soaking of the moss will do, but this causes a waste.

TRIFLE.

Take a quart of good cream, and put it in a basin, with six ounces of sifted white sugar, and the juice of a lemon. Whisk all this well with an article called a whisk; and as the froth rises, lift the froth off with a flat spoon or silver fish slice, and lay it in an unbroken state on the bottom of a sieve turned up for the occasion. Set a plate below to catch the drip from it. Continue to whisk till there is as much froth or whisk as you require. This should be done a few hours before using. Next, place in a trifle bowl six small sponge-cakes, or any other light cakes, some ratafia biscuits, grated nutmeg, and lemon peel. Upon these, spread some raspberry jam or currant jelly, and then pour in some wine of any light kind, sufficient to wet the cakes and biscuits. When this mixture has stood for a short time, and the moisture is absorbed, pour in about a pint of thick custard. It is now ready to receive the froth, which may be laid and piled neatly over all.

GOOSEBERRY JAM.

Pick and clean red gooseberries, thoroughly ripe. Boil them by themselves for twenty minutes, skimming them frequently. Then add brown sugar, in the proportion of a pound of sugar to a pound of fruit. Boil for half an hour after the sugar is in. Skim it, and pour it into earthenware jars. When cold, paper up the jars, and set aside in a dry cool situation.

RASPBERRY, STRAWBERRY, AND BLACK CURRANT JAMS.

These are made in precisely the same manner as gooseberry jam, but instead of brown, use lump sugar.

RED, WHITE, AND BLACK CURRANT JELLY.

Pick the fruit, and free it from all stems. Put it in a pan, and when hot, take it off and strain it through a hair sieve.

Return the juice to the saucepan, and for every pint of juice put in a pound of lump sugar. Let it boil for twenty minutes, skimming it when requisite. If the fruit has been gathered in rather a wet state, it will require half an hour's boiling, or perhaps more. Pour it into jars, and cover with paper when cold.

ORANGE MARMALADE.

Take six or eight pounds of bitter oranges, and the same weight of lump sugar. Pare off the yellow skins of the oranges, taking off as little of the white skin beneath as possible. Cut the parings into small strips or chips, and cut them again across, which will make them still smaller. Put them in a pan, with as much water as will cover them. Boil them for an hour, to take out the bitter, and strain them through a sieve. Lay the chips aside. Next, quarter the oranges, and scrape out the pulp and the juice into a dish, throwing away the white skins, films, and seeds. Put the pulp, the juice, and the chips together in the pan, with the sugar, and keep stirring till it boil. Let it boil for half an hour; skim it, and pour it into jars. When cold, paper the jars, and set aside for use.

The above is called chip marmalade; when the marmalade is wanted smooth, the skins must be boiled and then pounded, instead of being cut into chips.

APPLE JELLY.

Pare, take the cores from, and slice the apples. Boil the slices in a little water till they are in a soft pulpy state; then strain them through a hair sieve; that which runs through is to be used. Take a pound of lump sugar for each pint of juice, and boil it for twenty minutes. The juice and rind of a lemon grated off with a bit of lump sugar, may be boiled along with it. Pour the jelly into jars, and paper when cold.

GOOSEBERRY FOOL.

This is the simplest way of preparing gooseberries, and very wholesome for children. Take a quart of full-grown unripe gooseberries. Pick them, and put them into a saucepan with a cupful of water. Cover them, and let them heat very slowly. When the gooseberries are soft and dressed, but not so much heated as to burst, strain the water from them, and put the gooseberries in a dish. Bruise them to a fine pulp, with sufficient sugar to sweeten them. Let them stand till cool, and then mix milk or cream with them. Serve in a hash dish, or large bowl.

MISCELLANEOUS PREPARATIONS.

TO BOIL EGGS.

The boiling of eggs is a very simple operation, but is frequently ill performed. The following is the best mode :— Put the egg into a pan of hot water, just off the boil. When you put in the egg, lift the pan from the fire and hold it in your hand for an instant or two. This will allow the air to escape from the shell, and so the egg will not be cracked in boiling. Set the pan on the fire again, and boil for three minutes or more, if the egg be quite fresh, or two minutes and a half, if the egg has been kept any time. Eggs to be used hard for salads and other dishes, should be put into cold water, and boiled for a quarter of an hour after the water comes to the boil. In this case, the shells should not be taken off till the eggs are cold.

TO POACH EGGS.

Take a shallow saucepan or frying-pan, and fill it about half full of water. Let the water be perfectly clean, not a particle of dust or dirt upon it. Put some salt into the water.

Break each egg into a separate tea-cup, and slip it gently from the cup into the water. There is a knack in doing this, without causing the egg to spread or become ragged. A good way consists in allowing a little water to enter the cup and get below the egg, which sets the egg to a certain extent, before it is allowed to lie freely in the water. If the water be about boiling point, one minute is sufficient to dress the egg; but the eye is the best guide; the yolk must retain its liquid state, lying in the centre of the white. Have buttered toasted bread prepared on a dish, and cut in pieces rather larger than the egg; then take up the eggs carefully with a small slice, pare off any ragged parts from the edges, and lay them on the bread. They may be laid on slices of fried bacon, when preferred.

BUTTERED EGGS.

Put a piece of butter in a saucepan, and melt it, adding a little milk. Break the eggs into a basin, and pour them into the saucepan. Season with salt and pepper, and continue stirring the eggs till they are sufficiently dressed. Serve on pieces of toasted bread.

OMELETTES.

Omelettes are composed of eggs and any thing that the fancy may direct to flavour and enrich them. For a common omelette, take six eggs, and beat them well with a fork in a basin; add a little salt. Next, take a little finely chopped parsley, finely chopped eschalot or onion, and two ounces of butter cut into small pieces, and mix all this with the egg. Set a frying-pan on the fire with a piece of butter in it; as soon as the butter is melted, pour in the omelette, and continue to stir it till it assume the appearance of a firm cake. When dressed on one side, turn it carefully, and dress it on the other. It will be dressed sufficiently when it is lightly browned. Serve it on a dish. The flavour may be varied, by leaving out the parsley and onion, and putting in finely

chopped tongue or ham, oysters, shrimps, grated cheese, or other ingredients.

PANCAKES.

Pancakes are made of eggs, flour, and milk, in the proportion of a tablespoonful of flour to each egg. To make two small pancakes, take two eggs, and beat them well, and add to them a little milk. Then take two tablespoonsful of flour, and work it into a batter with the egg and milk ; add a little salt. Set a clean frying-pan on the fire, and put a piece of butter or lard into it. When the butter is quite hot, pour in the batter. Shake it frequently, to prevent it from sticking. When the under side is of a light brown, turn it. Serve the pancakes folded, with sugar strewed between the folds. This is the way of dressing the common pancake ; when required to be lighter, use more egg and less flour ; and grated nutmeg may be added.

FRITTERS.

Make a batter of eggs, flour, and milk, as for pancakes, but with a little more flour. Apple fritters are made by cutting large pared apples in slices, dipping the slices in the batter, and frying them separately. They are done when lightly browned on both sides. Another, and perhaps more common way, is to cut the apples in small pieces, and mix them with the batter, frying them, a spoonful in each fritter. Fritters may be made with currants in the same manner. Serve all fritters with sugar sprinkled over them.

TO TOAST CHEESE.

Cheese for toasting should be rich, and free from rotten specks. Cut it in slices of a quarter of an inch thick. Cut your bread into slices of about half an inch thick, and toast it. Remove the crusts, and then place the cheese on it. The cheese should not be quite so large as the bread. Place this in a cheese toaster before the fire. When the cheese begins

to melt, stir it upon the bread to prevent a skin forming on it. Do not allow it to become brown. As soon as all the cheese is melted, it is done. Serve immediately. Another way is to toast the cheese in small patty-pans, without bread below it, and serve it in the pans with slices of toasted bread separately.

TO TOAST BREAD.

Bread is seldom properly toasted. A very common error is to toast it hurriedly, burning the outsides of the slices, and leaving the insides soft and moist. Whether toasted bread is to be used along with various dishes mentioned in the preceding pages, or to be served to table for eating to tea, or otherwise, cut it from a stale loaf, in slices of about the third of an inch, or at most half an inch thick. Toast these with a wire fork before a clear fire, constantly shifting the bread, in order to brown it slowly and nicely all over. Do it so on both sides, making it crisp nearly to the heart. If to be served as dry toast, place the slices in a toast-rack to cool; if laid down, they will become tough.

BARLEY WATER.

This is a drink used by invalids, and is made from pearl barley. To make a quart, wash a teacupful of pearl barley in cold water, after which throw away the water. Put the washed barley into a saucepan with a little boiling water; after boiling a few minutes, throw this water away also. Then fill up the saucepan with two quarts of boiling water, and continue boiling until there is only one quart left. It may be flavoured with lemon or jelly.

GRUEL.

Gruel for invalids is made either from grits or from oatmeal. A pint may be made as follows:—If from grits (called in London Embden grits) or groats, put on about two table-spoonsful in rather more than a pint of water; let it boil for at least two hours. When boiled, strain it through a hair

sieve. If from fine oatmeal, such as is sold in England, take about a tablespoonful and a half, and mix with it gradually about a pint of cold water, braying it as you mix, and boil it for half an hour. It is now done, and requires no straining. If the oatmeal be coarse, such as is used in Scotland, take a teacupful and put it into a basin. Mix it well with a small quantity of water. Pour this water off, then take another water from it; in this manner about a quart should be taken, the coarser particles of the meal being rejected. Put all the waters into a saucepan, and boil for twenty minutes, stirring the whole time. It is now ready, and, like other kinds of gruel, may be seasoned according to taste.

WHITE WINE WHEY.

This is a drink which is used to cause perspiration, in cases of colds, or other ailments where there is no inflammatory tendency in the patient. Take half a pint of milk, and put it on the fire in a saucepan, and immediately that it boils, put into it two glasses of white wine, with a little sugar dissolved in it. A light floating curd will be instantly seen. Boil for a few minutes; pour it through a hair sieve, so that the whey may run from the curd. Serve the whey hot. Throw away the curd, for it is exceedingly indigestible, and should not be eaten.

OATMEAL PORRIDGE.

The best oatmeal for porridge is that which is coarse in the grains or particles, and which has been stored for twelve months. New meal is heating in its quality. Put a saucepan on the fire with water proportionate to the quantity of porridge required. Salt it to taste. When the water boils, begin sprinkling in the oatmeal with one hand, while you stir with the other. Endeavour to calculate what quantity of meal will be necessary to produce the desired thickness, and sprinkle it in as quickly as possible, so as to let it all boil equally. A common error is to continue putting in meal

to the last. After all the meal is in, continue boiling and stirring for about ten minutes, taking care that no knots or lumps are formed. When sufficiently boiled, pour the porridge into dishes. This is genuine Scotch porridge, which is eaten when partially cool, with sweet milk. In places where milk is plentiful, the porridge is made of milk instead of water. It is also sometimes made of whey.

TO BLANCH ALMONDS.

This means to take the brown skins from almonds, and is done by putting the almonds in a basin, and pouring hot water upon them. In a few minutes the skins become loose, and will slip off with ease.

LEMONADE: *à la mode*.

Take a quart of boiling water, and add to it five ounces of lump sugar, the yellow rind of a lemon rubbed off with a bit of sugar, and the juice of three lemons. Stir all together, and let it stand till cool. Two ounces of cream of tartar may be used instead of the lemons, boiling water being poured upon it.

TOAST AND WATER.

Take the upper crust of a stale loaf, and toast it at the fire till very brown, but not burnt. Place it in a jug in hot or cold water, according to taste. An agreeable flavour may be communicated by putting in a little lemon or orange peel.

SANDWICHES.

Sandwiches are slices of bread with meat placed between. Cut slices of bread and butter; let them be thin and smooth. Then cut slices of meat, also thin, with a mixture of fat and lean if possible, which season as may seem suitable, and place between slices of the bread, the buttered side being next the meat. Press them together, pare off the rough edges, cut them into neat squares, and place them in a dish so that they may be easily lifted. Sandwiches should not be cut

longer than an hour before serving. It is common to take sandwiches on short country excursions, but it would be better in these cases to carry the slices of meat separate from the bread, with a small separate parcel of salt.

TO BOIL RICE FOR CURRY.

It is customary to serve boiled rice along with dishes which have been seasoned or stewed with curry. When rice is required for this purpose, it should not be soft or pulpy as in boiling for puddings; each grain should retain its perfect individual form, though swelled to nearly its fullest size. After picking and washing the rice, put it into boiling water, and let it boil smartly for about twelve minutes. Just before taking it out, put in a tablespoonful of salt. Drain the rice in a cullinder; then shake it gently out upon a doubled cloth, and lay it before the fire for a few minutes, with a fold of cloth over it. By this process the water will be absorbed from it, and it will be ready for dishing. Pour it lightly into the dish.

TO MAKE A STUFFING.

Roast veal, fowls, turkey, and some other things, require a stuffing. These stuffings have been alluded to in various recipes in the preceding pages, and may here be expressly defined. Take a quarter of a pound of the crumbs of stale white bread, a quarter of a pound of chopped beef suet or marrow, as much chopped parsley as will lie on a tablespoon, about half a spoonful of chopped sweet marjoram, and a little grated lemon peel, pepper, and salt. Mix all these thoroughly together, with one beat egg and a little sweet milk. This forms a species of dough in sufficient quantity for a small turkey or large fowl.

FORCEMEAT BALLS.

These are balls formed of stuffing, used as a garnish for roast veal or veal cutlets. Make a stuffing like the above,

but instead of being wet with one egg and milk, wet the mixture with two eggs. Roll the dough into small balls, about the size of nutmegs. Roll them in flour, and fry them with a little lard, butter, or dripping. When required to be more savoury, the composition may be enriched with a little chopped ham, tongue, or sausage meat.

BAKING AND BREWING.

TO BAKE BREAD.

Excellent home-baked bread may be made in the following manner:—The quantity, I shall suppose, is to be three or four large loaves. Take eighteen pounds of the best wheaten flour, and mix with it a large handful of salt. The mixture may be made in a large earthenware jar. You now add three pounds of potatoes, boiled and mashed, mixing them well with the flour. Make a hole in the centre of the mixture, and pour into it a gill of good yeast or barm. Pour in also as much tepid or moderately warm water as will make the whole into a proper consistency. You now knead it with your hands into a dough. Keep kneading it till it does not stick to the hands. Next, place the jar with the dough in it at a moderate distance from the fire, covered with a cloth. In about two hours, if well risen at the end of that time, take it out, divide it into loaves, and put these into an oven which is not too hot. They will require to be in the oven from two to three hours. The addition of the potatoes is for the purpose of making the bread light.

The making of bread in the above or any other manner is a simple process when there is a good oven to bake with. The best oven is made of stone, and is that which retains the heat a considerable time. Almost all the iron ovens attached to the sides of kitchen ranges are liable to become too hot, and therefore scorch the bread without baking it.

The most wholesome bread that can be eaten is that made from wheat ground wholly, that is, the fine and the common flour mixed, with the addition of the rougher particles of the inner rind of the grain. This mixed flour makes excellent and nutritious brown bread, and to most people it is much more pleasant to the palate than pure white bread ; but it is seldom prepared for sale by bakers, from the prejudices of the public in favour of clear white loaves, and will in most places require to be made at home. Those accustomed to make white bread will have no difficulty in managing it.

SMALL TEA-CAKES.

These may be prepared in the same manner as above directed for baking bread ; but the flour must be wet with warm milk, instead of water, having a little melted butter and sugar in it. After the mixture has stood a little time near the fire, knead into cakes according to the size required. If thin, they may be baked upon an iron plate on the fire.

A method has recently come into use of mixing flour with butter milk, in which a little carbonate of soda has been infused. The soda causes the milk to effervesce, and the mixture with flour must be made rapidly during the effervescence. The cakes made from this kind of dough rise to a certain extent, but are inferior to those made with yeast.

SHORTBREAD.

Mix four pounds of flour with six ounces of fine powdered white sugar. Then take two ounces of candied orange peel, two ounces of citron, and two ounces of skinned almonds, and cut them all in pieces, and mingle them with the flour and sugar. Melt a pound and a half of butter, pour it among the flour, and knead it up quickly into a dough. If the butter is fresh, add a little salt. Roll the dough out into cakes of an inch thick. Pinch the cakes neatly round the edges, and prick them on the top with a fork. Strew some flour

on paper, and lay the cakes on it. Bake in an oven. In some instances, carraway comfits, and strips of citron peel, are strewed on the tops of the cakes before baking.

Shortbread may be made of a plainer kind, by leaving out the orange peel, citron peel, and almonds.

TO BREW BEER.

Beer, to be of a good and wholesome quality, should consist of no other ingredients than the strength of malt and hops. Malt is barley prepared in a certain manner, and can only be made, legally, by a licensed maltster, from whom the home brewer should purchase it. Hops are the dried flowers of the hop-plant, and are used in order to communicate the due bitter flavour to the infusion of the malt. They may be purchased from druggists and other dealers. The proper utensils for brewing beer may be procured from a cooper and other tradesmen ; but I mention the following as what will be answerable for brewing on a small and cheap scale, and which many housewives already possess :—First, a ten-gallon cask, with one end taken out, to serve for a mash-tub, and a spigot or tap, in the side, near the bottom. A small basket, or very open piece of canvass, must be fixed inside, opposite the spigot, to keep the spigot from choking. Second, a nine-gallon cask, complete. Third, a pot or boiler, sufficient to boil ten gallons of water. All these utensils must be properly scalded and cleaned before commencing operations—this is a point of essential importance. To make beer sufficient to fill the nine-gallon cask, put two gallons of water into the pot, and after it boils, pour it into the mash-tub. Let it stand to cool till no more vapour rises from it, or till you can see your face reflected in it. When at this point of coolness, pour in two pecks of malt, and stir all together with a stick. When the malt and water are properly mixed, pour in eight gallons of boiling water ; cover the tub with a cloth, and let it stand for three hours. At the end of this time, draw off the liquor, or wort, as it is called,

from the tub, by the spigot, and put it into the pot. None of the grains of the mashed malt are supposed to run off with the wort, in consequence of the basket at the spigot. After the wort has begun to boil in the pot, add four ounces of hops, and boil all together for an hour. During this time, the mash-tub must have been cleaned from the used malt. Then put the boiled liquor into the mash-tub, and let it stand till it is of a blood heat, or lukewarm; now, add to it half a pint of yeast, mixing it well, and cover it with a thick cloth. Let it stand to work or ferment for twelve hours in summer, and rather longer in winter. Before the working is finished, draw the liquor, which is now beer, from the tub, and pour it into the cask you have prepared. In putting it into the cask, strain it through a hair sieve. It is supposed that the coarse barm, or workings of the top of the beer, will not be drawn off, and will remain in the bottom of the tub. This refuse is yeast, and may be kept for next brewing, or for baking. The beer in the cask will work at the bung hole for a day or two. Let the workings be saved and added to the yeast. As the beer works, and so leaves room in the cask, fill in any beer that there was not space for at first, so as to keep the cask filled. When done working, stop the cask with a bung, covered with a piece of coarse linen. The beer will be fit for drinking in three days, but will be improved by remaining longer before being tapped.

In these directions, two pecks of malt are specified for nine gallons of beer. This is a proper proportion for good family beer, or that which is approved of by the yeomen of England. A less proportion of malt would make a poor beverage.

The main difficulty in brewing a quantity of beer like that above mentioned, is to have a large enough pot. This can be remedied by using a smaller pot, and boiling the water at twice or thrice. In this case, pour the first instalment of the water when cooled, upon the malt, and let it stand for

three hours ; then draw it off into a separate tub. During this time the second instalment of water has been boiling ; pour it hot upon the malt, mix it, and let it stand for an hour. Add a third instalment of water, in the same manner, if requisite. When all the water has been added and drawn off in this manner, begin to boil a quantity with the hops in it ; and after boiling for an hour, draw it off, leaving the hops in the pot, and boil a second quantity, and so on with a third. All these boilings are to be united in the cleaned-out mash-tub, and treated as already directed. This is obviously a tedious and troublesome mode of making beer, and persons who have not a large boiler had much better make only a small quantity at a time, or not brew at all. Small families will find it on the whole cheaper to buy than to make beer, and brewing is only to be recommended where genuine beer cannot be obtained (which is very generally the case), or where a large quantity is consumed.

TO MAKE GINGER BEER.

Two gallons of ginger beer may be made as follows :—Put two gallons of cold water into a pot upon the fire ; add to it two ounces of good ginger bruised, and two pounds of white or brown sugar. Let all this come to the boil, and continue boiling for about half an hour. Then skim the liquor and pour it into a jar or tub, along with one sliced lemon and half an ounce of cream of tartar. When nearly cold, put in a teacupful of yeast to cause the liquor to work. The beer is now made ; and after it has worked for two days, strain it and bottle it for use. Tie down the corks firmly. Ginger beer should always be put into small bottles, for any portion that may be left in a bottle on opening it, becomes dead and useless.

PICKLES AND SPICES.

Pickles are certain vegetables preserved by means of vinegar and spices, and are generally used at table to impart a relish to cold meat. The propriety of manufacturing pickles for private use, is extremely questionable. They are little else than vehicles for conveying vinegar and fiery spices into the stomach, and they should be indulged in to a very moderate extent. When a stimulant is required, mustard is the safest that can be used, as it gives an energy to, without injuring, the digestive functions. Setting aside, however, the question of the propriety or impropriety of using pickles, the quantity required in a family is in most cases so very small, that it is much cheaper to buy the pickles when wanted than to make them. For example, one or two shilling bottles of *Lazenby's Mixed Pickles*, which are to be had from any grocer's shop, will supply a small family for a whole year, and it would be impossible to produce the article for home consumption at a cheaper rate or in a better manner. I therefore advise all young housewives to purchase instead of making their pickles, and the same advice may with propriety be given with respect to the making of preserves, such as jams and jellies, upon the domestic manufacture of which there is often much needless expensiture. The only pickles which may be excepted from this rule, are pickled red cabbage and pickled walnuts, for making which, directions are subjoined. Mushroom ketchup is an article in more frequent use both in cooking and at table, than pickles; and where mushrooms are plentiful, and there is skill in distinguishing them, the ketchup or juice may be easily extracted from them at almost no expense. In all other circumstances, it is preferable to purchase ketchup in bottles, when required.

The following are the principal ingredients used in pickling and for spicing dishes :—

VINEGAR.—The best vinegar, either for pickling or for serving at table in the vinegar cruet, is *Burnet's White Vinegar*, which is sold by the pint or quart.

PEPPER.—There are various kinds of pepper; *Black*, *White*, *Jamaica*, and *Cayenne*, are the principal. Black is the true pepper, the white being only the kernel of the black, or that which is ground without the black rind of the seed. Black pepper is, however, so dirty in appearance, and is so frequently adulterated in a ground state (indeed, I doubt if there be any sold in a genuine state), that good white pepper is preferable for use either in cookery or at table. In pickling, the complete black pepper in corns, or unground, is chiefly used. Jamaica pepper is brown in appearance, and possesses a peculiar aromatic flavour. Cayenne pepper is a reddish powder, being pounded or ground capsicums. This pepper, which is very fiery, is also frequently adulterated, and, it is said, with the red oxide of lead, which is a poisonous substance. If there be any doubt as to getting it genuine, make it from the capsicums. These are red pods sold at the seed or herb shops, and they require only to be well pounded with a pestle and mortar.

CHILIES.—Chilies are small capsicums, and are also to be had from the seed or herb shops. The chilie is a valuable vegetable product, which is too little known as an excellent and cheap substitute for pepper. Twopence worth of chilies put into a pickle jar, will save a shilling's worth of pepper.

MUSTARD.—This article, in its seed state, is used in pickling. That which is sold in a ground state is frequently adulterated. It should, therefore, be purchased only at a respectable shop, noted for keeping it in a genuine condition. Mustard for the table should be made as follows:—Mix the ground mustard with salt, in the proportion of a saltspoonful of salt to mustard sufficient to fill a common-sized mustard-pot. Pour boiling water gradually upon it, and bray it down to the consistency of a rich cream. It will become thicker when it cools. Well-made mustard keeps better made than

unmade, provided it is put into an air-tight jar or bottle. A good way of keeping it, is to put it into an open-mouthed bottle, fitted with a bung covered with leather, or a glass stopper.

GINGER, NUTMEGS, &c.—Good ginger is of a pale colour, and smooth on the outside. It is warming to the stomach, and very wholesome. Nutmegs impart a fine aromatic flavour; in buying them, select those which are large, round, heavy, and as fresh as possible. Pepper, ginger, and nutmeg, form the chief spices in cookery, and all others, such as mace and cloves, may very well be spared. Cloves disagree with many stomachs.

TO PICKLE RED CABBAGE.

Take a close firm red cabbage, not very large. Cut away the coarse outside leaves. Quarter it, and cut away the stem. Then slice the cabbage into strips of a quarter of an inch in breadth. Place the pieces in a deep dish, in layers, with salt between each layer. They should remain in this state for one day, after which place them in a drainer, till the juice or liquor run from them. When drained, place the cabbage in a jar, and pour over them boiling vinegar. Season to taste with pepper-corns and ginger. Some season with chilies, which give the most agreeable flavour, and are the most economical. After pouring in the boiling vinegar, and adding the seasonings, cover up the jar lightly with a towel, and when cold, cover with bladder and leather over it.

Slices of beetroot form an agreeable addition to red cabbage. When to be used, boil the beetroot for about two hours; then peel it, cut it in slices, and put it in the jar with the cabbage. Slices of onions may also be added.

WALNUTS PICKLED.

In those parts of the country where fresh green walnuts are to be obtained, they may be cheaply and simply made

into a pickle. Lay unripe but full-grown walnuts in very strong brine of salt and water, having previously pricked them with a pin. Change the brine every fourth day, and do so four or five times. Then take them from the brine and wipe them dry. Place them in a jar, and pour boiling vinegar upon them. Add pepper, ginger, mustard seed, or other spices, according to taste. When cold, cover up, as in the case of red cabbage. Another way is to boil the walnuts in vinegar till they are tender, and put them into the jar with the same vinegar. By this plan, they are at first bitter, but afterwards mellow and agreeable.

MUSHROOM KETCHUP.

No one should attempt to gather mushrooms for ketchup, or for any other purpose, unless they be perfectly skilled in knowing good mushrooms from spurious fungi or toadstools. A knowledge of good mushrooms must be learned by practical teaching, not by information in books; I therefore abstain from any definition. Supposing that the individual knows mushrooms, the recipe for the making of ketchup is as follows:—Take some mushrooms, the larger the better, and put them in a deep dish with plenty of salt scattered over them. Let them stand for twenty-four hours; then put them into a hair sieve, and squeeze out the juice. Put the juice into a saucepan, and to every quart of juice allow half an ounce of black and half an ounce of Jamaica pepper, in corns, also half an ounce of sliced ginger. Boil the juice with these spices for a quarter of an hour, and when cold, the ketchup may be bottled for use.

SALTING AND CURING.

The best vessels to be employed for salting meat, are brown earthenware pans, with lids of the same material. Wooden

vessels are apt to become tainted, and if they once acquire a taint, it is difficult to remove it. The proper seasons for salting, are spring and end of autumn, when the temperature of the air is moderate, neither too hot nor too cold. The articles employed in salting are common salt, bay salt, sal prunelle, saltpetre, and brown sugar ; in some cases, spices are also used. Those articles which are in lumps should be bruised.

TO SALT BEEF.

All the fleshy parts of beef may be salted ; but those generally used in families, are the round and flanks. To salt a round, mix half a pound of bay salt and an equal quantity of common salt, two ounces of saltpetre, six or eight ounces of sugar, and about three ounces of pepper. If spices are liked, they may be added to these materials. Rub the meat with the mixture every day for a fortnight, turning it every time ; the mixture will in a short time become a liquid, when it can only be poured over the meat. Exclude the air from the pan during the process of lying in salt. On being done, it may either be boiled for use, or hung up to be dried. Smaller pieces of beef may be treated in the same manner, using a proportionate quantity of the same ingredients. If the piece be thin, rubbing every day with common salt will be sufficient.

SALTED TONGUE.

Select a tongue that is plump and fresh. Wash it and scrape it, and dry it thoroughly. It should first be rubbed with a mixture of common salt and saltpetre. Let it lie for twenty-four hours, and then rub it with salt and sugar. There should be sufficient of these ingredients to form a brine to cover the tongue. It may remain in brine for a fortnight, being turned occasionally ; after which it may be boiled, or dried for keeping.

TO SALT HAM.

Select a short thick leg of a well-fed hog or pig. Rub into it three ounces of salt, and let it lie for a couple of days in a

trough, closely covered. Then make a mixture of six ounces of common salt, half a pound of bay salt, half a pound of coarse sugar, two ounces of Jamaica pepper, two ounces of black pepper, and three ounces of saltpetre. The mixture should be pounded finely, and rubbed into the ham for about an hour, leaving no part unrubbed, and making an opening at the shank bone, and rubbing some in there. Then lay the ham in a clean trough with all the last mixture or brine about it, and cover it up as before. It should be turned every day, and the brine poured upon it, keeping up a fresh supply of brine, if required. The ham may thus lie in salt for about a month, when it will be done, after which hang it up to dry in a kitchen. It may be smoked with smoke from wood where there are ready means of doing so.

TO KIPPER SALMON.

Salmon is kippered or cured in the following manner :— Take a large sized salmon in good condition ; gut it and clean it thoroughly, also scale it, but do not wash it. Then split it, and take out the back bone. Let it now be rubbed with a quantity of salt and sugar, and a little saltpetre, all mixed together. Allow it to remain with this briny material about it for two days, pressed tightly between two boards ; after which, open it, and stretch it out flat with small pieces of wood. Now suspend it from the roof of a kitchen to dry, or, if convenient, smoke it with wood.

 BILLS OF FARE—CARVING.

In no department of domestic management is the good taste of the housewife so well exercised as in placing a dinner upon the table calculated at once to do credit to the skill of the cook, to be appropriate in point of assortment, and to be suitable to the circumstances which affect it. There are

a few general rules upon these heads which are worth attending to. In the case of dinners for a moderately numerous party, it is always best to give *few dishes*, but to have these of the *best materials* and *variously cooked*. It shows a want of judgment and delicacy of feeling to present too great a quantity of meat at table, yet many commit this very serious error, imagining that they cannot otherwise do honour to their guests. After settling in your mind what number of main dishes will be required to form a well-replenished yet prudently arranged board, proceed to adjust their variety in respect of character and cookery. For instance, there should not be two chief dishes of boiled meat, but one of roast and another of boiled. This is a consideration of first-rate importance. Roasts and boils are always main dishes, while stews and other dishes generally occupy subordinate places at table. Whether the dinner be for a large or small party, let it, if possible, be well harmonised and contrasted in its individual parts. Let it be *all of a piece*. By this I mean, do not be lavish in one thing and deficient in another; do not give a sumptuous array of meat, and follow it by one poor pudding, or a few trifling tartlets; or give an overabundance of pudding and no cheese.

I have usually observed that housewives, and indeed all dinner-givers, fall into a common blunder of exhibiting a needlessly large number of side dishes. These side or subordinate dishes are generally composed of stews, hashes, curries, patties, or some other disguised meats, which hardly any one at table can be prevailed upon to taste, and they are therefore removed untouched, or perhaps only slightly broken. As these side dishes are in most cases as expensive as the main dishes, if not more so in the aggregate, let me advise you to be very sparing of their exhibition. It shows good taste in presenting a dinner to strangers, to give dishes which have lately come into season, and which may be supposed to be somewhat of a rarity. On the other hand, to present articles out of season, particularly certain kinds of fish, shows

a deficiency of delicacy of feeling and judgment, and should by all means be guarded against.

Among certain of the higher and more opulent classes of society, where great style is affected, it is not unusual to present dinners consisting of five or six courses or removes, exclusive of a dessert, as, for instance, 1st, a course of soups; 2d, fish; 3d, meat and poultry; 4th, puddings, tarts, and custards; 5th, blamanges, jellies, and game; 6th, cheese; and then the dessert. A much more common, and less extravagant arrangement, consists in combining the first and second of these courses, and also combining the fourth and fifth, thus forming only three removes, exclusive of the cheese and dessert. Following this fashion, I beg to offer the following bill of fare for a dinner of, say twelve persons. If more be present, the joints may be increased in weight.

First Course.—At top, a tureen of moek-turtle, brown, or hare soup; at bottom, a dish of boiled salmon, turbot, or eod. Fried soles and flounders may be placed as side dishes. Also oyster or lobster sauce.

Remove these and place

Second Course.—At top, roast turkey; at bottom, boiled leg of mutton; at sides, boiled fowls and ham, or tongue. Also a full supply of the appropriate sauces and vegetables. Instead of this variety, you may give

At top, boiled turkey; at bottom, roast beef (10 or 12 lbs. weight); at sides, roast fowls and ham, or tongue. Or you may give

At top, roast leg of mutton; at bottom, boiled beef; at centre and sides, roast turkey, boiled fowls, and ham or tongue. Game or roast ducks may be substituted for the fowls.

Remove these and place

Third Course.—At top, plum pudding; at bottom, apple pie; at centre and sides, custards, blamange, and jellies.

Remove these and place

Cheese, biscuits, butter, salad, or celery.

Remove these with the tablecloth, and place

Dessert, composed of a few dishes of fresh and preserved fruits, also small dessert biscuits, wines, &c.

The wines to be drunk in the course of dinner are placed on the table along with the first course, and remain till the last.

From the foregoing bill of fare, an idea will be obtained of the nature of the variety to be placed on the table, and a small degree of judgment will suggest how the number of dishes may be diminished or enlarged according to the number of the guests; always keeping in remembrance, that, in diminishing for a small party, you have to take away the centre and side dishes, not those which are of a substantial nature at the top and bottom.

CARVING AND HELPING AT TABLE.

Considerable experience is required to make a good carver, and it also requires considerable knowledge of joints and dishes, to be able to help guests to the best pieces, keeping in mind the necessity for serving all equally. The young housewife should accustom herself to carve with neatness and activity any joint of meat, fowl, or other dish that may be placed before her at table, so that she may have no difficulty or distrust of her powers when she is called upon to carve before company. The following are the leading rules to be attended to by all carvers:—

The knife should be moderately long, also sharp and pointed. The fork should have a guard.

Place the dish conveniently before you, not too far off, to cause stretching. If you are too low in sitting, elevate your seat.

The carving is not to be done with any appearance of exertion, nor by mere strength in wielding or wrenching the knife. It must be done with placidity and neatness, as if by dexterity or skill. Take care, also, not to cause any sputtering of gravy upon the tablecloth. To avoid doing so

is one of the chief difficulties in carving ; therefore do not let much gravy be put in the dish, but rather serve it in a sauce tureen.

Cut every thing smoothly, so that it may not have the appearance of being torn or ragged.

Help the slices or pieces as they are cut, so that they may not lie to cool in the dish.

Distribute equally among your guests what may be considered the delicacies or best pieces of the joint.

Unless otherwise required, serve a portion of fat with every plate.

Proceed with the carving in such a manner, that in the event of a portion of a joint being left, it will have a neat appearance when cold. A mangled cold joint or piece of meat has such an offensive appearance, that it is unfit for being brought to table.

Endeavour to carve and help fish without breaking or disfiguring the flakes. In carving salmon, give a piece of the thick or back piece and thin or belly piece—the latter is the richest.

In carving a turkey, cut slices lengthwise from the breast, through the stuffing, so that each slice may have a portion of stuffing with it. Exhaust the breast before proceeding to the legs or wings. A goose is carved in a similar manner.

In carving fowls, if two be upon the dish, remove one to a plate before you. Commence by sticking the fork firmly through the breast. If large, you may first cut a slice off each side of the breast ; then take off the wings and the legs ; and next, the merry thought. Pheasants and partridges are cut in the same manner.

Pigeons are cut in two pieces, being divided from head to tail through the breast-bone.

In carving a sirloin or rib piece of beef, cut it in slices of about the third of an inch in thickness, drawing the knife from the spine bone to the thin edge where the ribs project. Cause the knife to go down to the rib bones beneath, and

also close to the spine bone, producing as large and even a slice as possible. The outside cut, or brown surface at the end, should be laid aside, unless asked for.

Boiled beef should always be cut rather thinner than roast meat, and the dry outside piece always laid aside.

When a fore quarter of lamb or mutton is to be carved, commence by taking off the shoulder, which is done by slipping the knife below it, and cutting it from the ribs. Next, divide the ribs from the gristle of the breast; but if the ribs have been chopped across, divide at that place. You will now be ready to serve from the shoulder, the ribs, or the breast.

In carving a hind leg or gigot of lamb or mutton, cut into the thick or the most fleshy side, thus helping slices cut across the grain.

Saddle of mutton is cut across the ribs, from the tail towards the long ribs. Pieces of fat from the edges of the flap should be served along with the slices.

A ham is carved by beginning to cut across about three or four inches from the shank, cutting down to the central bone. Cut the slices very neatly and smoothly, also as thin as the knife.

A tongue is cut across the middle or thick part, without going quite down to the bottom with the knife. Cut it in thin neat slices.

In carving and serving a pie, begin by cutting the cover or paste in triangular pieces from the centre to the sides. Cut only two pieces before taking out and serving the meat. Serve a piece of paste, and also a little gravy, with each piece of meat.

In carving roast hare, cut slices from the back on each side from head to tail; then take off the shoulders and legs; divide the legs into two. If more be required, cut the remainder of the body across in two or three places. Serve a portion of stuffing with each piece.

Plum-pudding should be cut in slices from top to bottom, cutting always from the centre.

Cheese should be served in small thick pieces.

GENERAL ADVICES TO HOUSEWIVES.

Presuming that you possess some influence in reference both to the choice and the furnishing of a residence, I beg to offer the following general hints for your consideration, along with some others on general topics of house management, and which I give as the result of my own experience:—

Choice of a House.—There are certain important points on which you should obtain satisfactory information, in making choice of a house. First, take care that it is not damp. Dampness may arise from several causes, but imperfect drainage, and a too close contact of the floors with the ground, are the principal. When a house is damp in any part, no matter from what cause, I advise you by all means to avoid it, for it may produce the most pernicious effects on the health of your family. Second, see that the house has a free open exposure for fresh air, and, if all other circumstances suit, prefer that which has an exposure to the south, and possesses the beneficial influence of the sun's rays. A house with a pleasant southern exposure, enjoys a climate several degrees warmer than a house which is not so favourably situated. In general, too little attention is paid to this circumstance. Third, ascertain if there be a plentiful supply of good water in the premises, and if there be proper means at hand for drying and bleaching clothes. Fourth, learn whether the vents go well, and do not smoke. The inquiries you may make in reference to freedom from vermin and other particulars, I leave to your own judgment.

Furnishing.—When you design to furnish a house, take care to set out on a right principle in the selection of articles. It is essential, for the sake of neatness, and for a pleasing effect to the eye, that there should be a harmony of colours, and also a similarity of style in the main articles of furniture. Therefore, if you do not exercise a little taste and judgment in your *first* selections, you may find that you have committed a blunder which will cost you much subsequent annoyance. For example, let the tints of the carpet, of the paper or paint of the walls, and of the window curtains, be all in harmony in each room—that is, either possess a general resemblance of colour, or various colours in pleasing contrast and harmony with each other. If the colour of your curtains be scarlet, and the colour of your walls or carpet blue, a most inharmonious and unpleasing effect will be produced; but brown and green, or green and gold, will be in harmony, and may therefore be placed together. Carpets being the most expensive articles, it is safest to buy them first, and then to let their colour lead the tone and style of curtains, paper-hangings, chair-covers, hearth-rugs, and all other articles. It is also a good economical plan to buy carpets of the same pattern for several rooms, because, in the event of removal to a house with different sized apartments, a piece of one carpet may be taken to eke out another.

Tables, Chairs, &c.—When you are bargaining for tables, chairs, and other wooden articles of a fine quality, take care to specify that

they must be of a solid fabric, and not veneered. Veneering is only tolerable in a few articles which are not to be subjected to much tear and wear; nevertheless, a practice has begun of veneering articles in daily use, such as chairs and tables, and consequently they are soon destroyed. This practice, I am sorry to say, is done in cases where the highest price is paid for solid articles, and I mention the circumstance to put you on your guard. Examine closely the back and seat-frames of every mahogany chair, and reject it if it be veneered. In ordering sofas, you should also take care to bargain for genuine hair stuffing, for in many instances the stuffing is composed of what is technically called *pob*, or a composition of tow, wool, and other kinds of rubbish. Likewise, the hair should be well baked or prepared. I have seen a hair sofa, for which the highest price was paid, swarming with a species of louse, shortly after being sent home from the upholsterer's, in consequence of the animal substance about the hair not having been properly dried by baking.

Earthenware and China.—In purchasing sets of earthenware articles for the table, also take care to set out on a right plan. Select that set which, in case of breakage, can at all times and in all places be easily matched. If you buy a set of table ware which is peculiar or rare in its pattern, and afterwards break several pieces, you may be put to a very great degree of trouble, or even find it impossible, to restore them. Thus, a peculiar set of earthenware or china, however beautiful and cheap, may ultimately prove a source of vexation and considerable expense.

Plate.—Whatever silver articles you require, buy them of a genuine kind, or of sterling silver plate, which always keeps its value, however old and worn it may become. Avoid all plated goods, for the plating is not long in wearing off, and then the article is valueless. A tarnished plated fork, spoon, or salver, has an excessively mean appearance. If you find it inconvenient to purchase sterling silver plate, your most economical plan, consistent with elegance of appearance, will be to purchase a few articles of German silver. This is properly the metal called nickel, and closely resembles sterling silver in texture and colour; it is not just so white as sterling silver, but the difference is not noticed unless a close comparison be made. In hardness and durability, it is much superior to sterling silver, and its price is in some cases only about a tenth of what genuine plate would cost. German silver is now manufactured to a large extent in England, and is made into spoons, forks, ladles, tea-pots, salvers, dish-covers, and all other articles for the table. It is not probable that German silver will ever be purchased to a large extent in order to supersede the sterling article, because it possesses no intrinsic value like bullion, but it forms a great stretch in advance of plated or Britannia metal goods, and is likely to come into extensive use. The articles in Britannia metal were once of a durable fabric, but they are so no longer; their good character is gone, and they should on no account be purchased by an economical housewife. A tea-pot, for instance, of that metal, for common use, and costing seven or eight shillings, will probably not last twelve months, while a tea-pot of German silver, costing about three pounds, will last for fifty years.

Thus the German silver article is by far the cheaper of the two, independent of all considerations as to elegance of appearance.

Fire-grates.—In choosing fire-grates or stoves for your rooms, do not buy those which have burnished steel fronts, as they require a considerable degree of care in cleaning, and are very liable to rust during summer when not in use. The best and neatest, as well as the cheapest, grates, are those which are made of cast iron, and of an ornamental pattern. Let the grates which you select be small or of moderate size in the fireplace. Wide, open grates, by admitting cold air into the chimney, are exceedingly liable to smoke. In almost every instance of smokiness in a chimney, it may be cured by contracting the fireplace.

Gilding.—Order all the gilding of your picture frames and other articles to be done in oil. Oil gilding is not susceptible of flattening and burnishing like water-gilding, but it is infinitely more durable. You may wash an oil-gilt frame without injuring it, whereas, one that is water-gilt cannot be cleaned, and is soon tarnished. I never knew a gilder who would gild in oil unless it was expressly insisted upon.

Baths and Foot Warmers.—Few houses possess the convenience of baths, but every one may command the use of small moveable bathing vessels for the feet, or for infants. The best kind of foot and leg bath is a deep wooden pail; those of earthenware are exceedingly liable to break, and, besides, are very expensive. There are various kinds of close vessels for holding warm water, which are used for producing warmth in bed. The best article of this nature which I have seen, is a vessel made of sheet tin. It measures twelve inches in length, and six inches in diameter, being round like a bottle, with bulged out rounded ends. At one end there is a small brass screw cap, placed over an orifice at which the water is admitted. This cap being well screwed down, and a small leather washer being used to assist in the tightening, not a drop of water will ooze out when the vessel is laid in bed. With this simple apparatus, tied in a flannel bag, the feet or any part of the body will be effectually warmed, either during illness or in the cold of winter.

Housekeeping.—Every good housewife is expected to keep a regular and continuous account of her income and expenditure. This is, indeed, perhaps the most essential in the routine of domestic duties, and she must possess an ill-regulated mind, or have had an insufficient education, who neglects it. When properly set about and methodically managed, there is little or no trouble in keeping the household accounts. Some housewives have one method, and some have another. Always presuming that I am addressing young housewives in the middle ranks of society, with whom frugality is an object, I beg to suggest the following simple plan of keeping house accounts. Procure a small slate-book—that is, a little book composed of three slates, bound in a plain cover. This, which you write upon with a slate pencil, is your *day-book*; it is always at hand for you to scroll down any note of outlay, and will keep several days' or a week's accounts at a time. At any leisure moment, you carry the entries of outlay from the slates to a small ruled paper book, which is your

ledger. One page of this is devoted to money received, and the opposite page to money paid out. By doing this regularly, and comparing the entries of sums received with the entries of sums expended, so as to see that they square with each other, you will find that you possess a complete record of family expenses, satisfactory alike to yourself and to your husband, should he make any inquiry into the subject. The keeping of an account of receipts and disbursements, in this or any other convenient manner, is calculated to have the most salutary and agreeable effects. The tendency to over-expenditure, or living beyond the means, is constantly checked, or at least you are not deceived upon the subject, and in all likelihood much future distress in circumstances is avoided.

In referring to housekeeping accounts, I cannot avoid putting you on your guard against the very mischievous practice of buying on credit, and running up bills with tradesmen. If you can at all avoid taking credit, do so. By paying for every article with ready money, you will possess two decided advantages—you get every thing cheaper as you want it, and you can go any where to seek out the best markets. Housewives who run up bills become the slaves of tradesmen, and can possess no proper independence of principle or self-respect.

Servants.—The old practice of hiring domestic servants for six months at once, is rapidly declining. Both mistresses and servants find by experience that a bargain for such a length of time very often produces disagreements. It is best for all parties that the term hired for should be only one month at a time, with one month's notice for separation. By this plan, a servant can leave a place which does not please her, without any lengthened delay; and in the same way a mistress can give a servant warning to quit at a short notice, should it be found that she is unsuitable. In this manner there is no vexatious obligation to keep together, and a separation can always take place amicably. All servants and mistresses who try this plan, find it so agreeable that they never like to change it. Many servants, now, remain years in a place, though hired on the understanding that it is only from month to month—or, what is the same thing, hired for no fixed period, but just so long as both parties agree; and that, in the event of any dissatisfaction, there shall be a week or a month's warning given to leave. This practice has been long common in London, and the sooner it is universal, the better.

It is a very old remark, that good mistresses make good servants; and though not strictly correct in all instances, there is, on the whole, much truth in it. A good mistress endeavours to seek out and attach a good servant to herself. She effects this attachment and good will, by simply laying before the servant what is to be her line of duties, or what is expected of her, and then leaving her undisturbed to execute these duties in a regular methodic manner. No servant likes to be interfered with in her work, or to be called away from one thing to do another; nevertheless, some mistresses are not happy unless they be going in and out of the kitchen, or bustling up and down the house, ordering and counter-ordering, or in some other way worrying the servant out of all patient endurance. Mistresses of this fidgetty turn can hardly expect to keep good servants, should

they be so fortunate as to procure them. I advise the young housewife to commence on the wise plan of prescribing to her servants, in simple plain terms, the duties which she expects they will daily and regularly execute ; and if the servants are unfit to take advantage of this friendly and liberal arrangement, and require to be continually urged and "spoken to," it is better for both that there should be a separation. Where two or more servants are engaged, it is absolutely necessary that the precise duties of each should be expressly defined, in order to prevent disputes between them, and that the work of the house may be duly performed.

Concluding Advices.—It is justly considered a proof of judgment in a woman when she glides calmly into the respectable and onerous duties of a married life, and with a modest firmness commences to act on her own responsibility. The sooner, indeed, that she accommodates herself to her new and somewhat trying situation, and studies to perform well the character she now represents, the greater will be her own happiness and the happiness of those about her. A young housewife frequently finds occasion to take counsel of herself, and she should therefore cultivate as much as possible her own mental powers or resources. By this means she will acquire a firmness and independence of character, which she could never possibly attain if she continued to seek advice and assistance on all occasions from relatives or acquaintances. On this subject, the following judicious remarks have been made by a recent writer :—"It is certainly much to be lamented when a young wife yields to a timidity or listlessness which prevents her from making independent efforts ; when she nurses the nervousness which unfits her for all useful services, when, whatever be the call upon her, she is herself in need of aid ; and, from never having thought of exerting herself, is incapable of doing so when the emergency arrives. Incidents daily occur which mark either the helplessness or capability of every woman. Sudden alarms, trifling incidents, throw one into uncontrollable agitation ; while another calmly avoids or relieves the mischief. One is unable to put forth a hand to help herself ; the other, without appearance of effort, is ready to help all besides. One cannot stir without support ; the other is continually employed in some useful or benevolent purpose. One reclines upon a sofa, establishing no other claim on others but her own incapacity ; the other, by her perpetual good offices, lays up a debt which is willingly paid on demand, and thus provides in the best way for her future exigencies. It not unfrequently happens that a young married woman is oftener alone than she had previously been accustomed to be, and that she misses the family circle with which she has hitherto been surrounded. Let not this, however, depress her spirits, or render her too dependent on her husband for entertainment. Let it, least of all, lead her to seek, too frequently, relief in company. One of the first things she should learn is to be happy in solitude ; to find there occupation for herself ; and to prove to her husband, that, however she may enjoy social intercourse, and especially desire his presence, she needs not either a sister or a friend to entertain her when he is away."

DIRECTIONS FOR SERVANTS.

SERVING AND WAITING AT TABLE.

Whether the duties of serving and waiting at table be performed by a male or female attendant, the routine is the same. I shall suppose that I am addressing a maid-servant.

Before the dinner is to be served, you should have yourself neatly dressed, and your hands perfectly clean.

After spreading the cloth evenly upon the table, proceed to place for each person a knife, fork, and spoon, also a finger napkin with a roll in it, a piece of bread laid upon it, and a tumbler and wine-glass. Place likewise salt-cellars, four, six, or eight, according to the size of the table; one is placed at each corner, and the others opposite each other down the table. Then place upon the table a mat for each dish, and a carving-knife and fork at every dish that requires carving, also gravy spoons and sauce-ladles where required. If there be an epergne, place it in the centre of the table, and the castor-stand near it; if there be not an epergne or ornament, place the castor-stand in the centre. With other additions, according to circumstances, the table is now dressed.

Next, proceed to arrange the side table or sideboard. Spread a small cloth upon it, and arrange the knives, forks, spoons, glasses, water jug or bottle, beer, and all the tart and cheese plates that may be required in course of the dinner. Much trouble may be saved by collecting these various articles before-hand on the sideboard; for a servant should never have to run out of the room during dinner to bring what she wants. Have also on the sideboard a small tray or waiter, on which to hand any thing that may be asked for during dinner; likewise a small knife tray, with a cloth in the bottom of it to prevent noise, and into which the knives, forks, and spoons from the dishes, are to be placed, previous to removing the dishes from the table.

All the dishes are to be carried to table with covers over them. Allow these covers to remain till the company is seated, and the different dishes are required to be carved. Lift off the covers in such a manner that the drops of moisture from them will not fall on the guests or on the tablecloth.

All the plates taken to table must be hot, therefore they should be brought directly from the heating place in the kitchen to table. They should not be so hot that they cannot be handled.

When all the dishes and plates are on the table, place chairs around, and announce that "Dinner is on the Table."

While the guests are coming in, you stand by the sideboard, and when they are seated, you stand ready at the top of the table to hand the plates.

In handing plates or any thing else, such as bread in a tray, go to the left hand side of the person. Never stretch across in front of any person.

Be ready, when a person has done eating, to remove their plate, knife, and fork; and at the same time lay down a clean knife and fork, or spoon, according to what is to be served next.

After the meat courses are over, and the dishes and plates are removed, still leave upon the table the wine, the glasses, salts, castors, and any ornaments. Then brush the cloth, drawing the crumbs upon a plate or waiter. In some cases two cloths are laid, one upon the other, and the uppermost is removed after the meat courses; when this is the case, all the articles whatsoever must be removed from the table, and replaced on the clean cloth.

You now set down the course of tarts and confectionery. When this course has been removed, still leave the glasses and other articles upon the table. It is improper to remove the salts, as many persons take salt with their cheese.

When laying for the cheese course, place a plate and knife for each person.

After clearing the table, take off any bits of bread left upon it with a fork into a server; then remove the cloth, by throwing it loosely together on the table, and lifting it carefully away. The cloth should soon after be shaken, and laid aside flat in its proper place.

Immediately on taking away the cloth, place the wine on the table, and give to each person a doyley and two wine glasses. Then place the dessert on the table, and give to each person a dessert plate, knife, fork, and spoon.

By the time that the dessert is placed on the table, an assistant must have helped you to remove all the things out of the room and from the sideboard. Immediately that the dessert is placed, you retire.

In the course of the above serving at table, from first to last you must avoid making any unnecessary noise, or speaking loud. There are two rules which you must attend to—never speak except when answering a question, and never seem to heed any thing that is said, unless it be addressed to yourself. Be active but quiet, and never appear flurried or in a bustle. Recollect that the attention of the servant is an additional comfort to the visitor, and reflects credit on the mistress.

CLEANING.

When any article of furniture, or any household utensil, is to be cleaned, it is not enough that you clean the outside of it, or the part that is most observable, but that you clean it in all the parts about it, both out and in, as far as that can be done. For example, in cleaning the lid of a saucepan, you should clean the inside of it, and also all the seams about, as well as the outside. In cleaning a dining-room table, or a sofa, or a chair, you must not only clean all the top parts, but also rub up the ornaments and the lower bars, and the backs, and the various crevices that harbour dust. Cleaning the mere outer or upper surfaces of things is a mockery of cleanliness, and cannot fail to cause complaints.

In sweeping and cleaning rooms, take care also to go into every

corner with your besom and your cloth, not leaving any dust under the edges of the carpets, or giving only a whisk here and a whisk there.

Before dusting mantel-pieces or other places where ornaments are placed, remove carefully the various articles, and replace them neatly when you have finished.

Take care in cleaning rooms, or at any other time, not to leave the marks of fingers upon any of the articles.

Before proceeding to make any of the beds, wash your hands and put on a clean apron, if necessary, in order to avoid soiling the clothes. The windows of bedrooms should be opened during the day in fine weather. See that the floor beneath the beds be constantly kept free from dust.

Feather beds should be well shaken, and turned every day. If not well shaken, the feathers will form lumps. Turn the mattress also occasionally.

Every bedroom slept in should be freed of slops and supplied with fresh water every morning and evening. Water bottles or caraffes should be frequently washed inside, as green is apt to grow in them.

Some mistresses, and also some servants, seem to have an idea that a house should undergo what are called "regular cleanings," or great washing and scrubbing matches, once every three or six months, and on which occasions the house is turned almost inside out, and made most uncomfortable. This is a very wrong method of house management. A house should be *kept clean* by a daily attention to small things, and not allowed to get into such a state of dirtiness and disorder as to require one of these great cleanings.

Some mistresses also make a practice of ordering the floors of bedrooms to be frequently washed. I wish to guard both mistresses and servants against this practice. It is most dangerous to the health of the person who occupies the bedroom, to wash it or scour it, unless the weather be very fine or warm, in order to allow the window to be opened for thoroughly drying the room before night. The utmost that should be done, except in favourable circumstances, is to pass a damp mop lightly over the floor.

I have a very important direction to give about the cleaning of table knives. *Never put the knives in hot water.* Hot water injures them in two ways; it loosens the handles, and spoils the temper of the steel. When knives are to be cleaned, wipe them first with a damp cloth, and then rub them on a smooth board which has been previously rubbed with a Bath brick.

In cleaning steel forks, rub them betwixt the prongs with a piece of thin wood and leather.

When knives and forks are to be stored, they should be wrapt in brown paper, and not allowed to touch each other. If wrapped in flannel, they will rust.

The best way to clean silver articles is to wash them first with warm water and soap, and afterwards polish them with pure London whiting and a piece of leather. As pure whiting, free of grits, can seldom be had, except in London, you may substitute hartshorn powder for it.

Brussels carpets may be cleaned in the following manner. First, stretch the carpet tightly on the floor, nail it at the sides, and sweep it clean. Procure an ox gall from a butcher, and mix it with a pail of cold water. Have another pail ready with cold water only. Have also two woollen cloths, and several dry towels. Commence by dipping a woollen cloth in the gall water, and then rub the carpet with it. This will produce a froth on the carpet, and you will now take the other woollen cloth dipped in clean water, with which you will rub the carpet till no more froth rises from it, rinsing the cloth occasionally in the clean water. The water in this pail should be changed when it becomes dirty. You will then rub the carpet as dry as possible with a towel, and so go on over the whole. This process not only cleans the carpet, but brightens up the faded colours. It should be done only in fine weather, when the windows may be opened to dry the carpet.

All woollen articles should be washed in warm water, rinsed in warm water, and hung immediately to the fire to dry. If washed in cold water, or allowed to chill while wet, they will shrink.

All fresh bed-clothes should be carefully aired or toasted before a fire before putting them on the bed. Every fresh woollen article, in particular, should be held to the fire for a little before being used, in order to remove the dampness which all woollens contract.

Mahogany furniture may be made to look better with being rubbed with bees-wax and turpentine than with any other material. Let it, however, *be well rubbed*. The mixture should not be too thick. Furniture may be darkened by being rubbed with unboiled linseed oil.

Various articles are used for cleaning brass, copper, and burnished iron. One of the best mixtures for this purpose is sweet oil and Bath brick dust. When vitriol or any acid is used, the metal tarnishes much sooner than when cleaned with oil.

Never blow out a gas light ; always turn it off. If you only blow it out, the gas will still escape and perhaps fill an apartment, and catch fire, so as to cause an explosion.

Never put hot cinders or ashes into a bucket to set aside. Many houses have been set on fire by doing so.

Never leave a candle burning at your bedside, or on a table when you go to bed, except it be a rush-light burning in a basin at a considerable distance from the bed. The burning of candles at bed-sides has often caused fires.

It is impossible to lay down any rule as to the exact time for doing any particular work in a house, for in every establishment there must be some difference, according to particular circumstances. It is, however, a good general rule, which every active and well-disposed servant wishes to attend to, namely, to have all her cleaning work over in an early part of the day, so that she may dress herself for dinner, and have nothing of any importance to do afterwards.

Some servants, for want of method and regularity, find a difficulty in getting through their work before night. They do a little of one thing, then a little of another, are sometimes here, and sometimes there, always flitting about and in a bustle, yet never doing much.

All this, as I say, shows want of regularity or previous arrangement. Endeavour to avoid this error, which is not satisfactory either to yourself or any one else. Keep in remembrance the three old and simple rules—do every thing in its proper time—keep every thing to its proper use—and put every thing in its proper place.

HOW TO TREAT BURNS OR SCALDS.

When you receive a burn or scald, instantly plunge the part affected into cold water, or cover it with some cold moist substance. This will prevent the skin from rising in a blister, and the part will be easily healed. If you delay applying the cold water or cold substance, even for a few seconds, the skin will rise, and the application will have no good effect. If stockings or other coverings are upon a part at the time of its being burnt, they should be taken off immediately, as delay will only render their removal more difficult. One of the best applications to a burnt part that can be used, is cotton or cotton-wad, an article generally abundant in every family. In many cases it is applied, perfectly dry, to the part, and, in others, it is wetted, on the side next the sore, with a mixture of lime-water and linseed oil. A rag wetted with some mixture may be used, where cotton cannot be had.

Cuts.—Almost any common cut may be cured by simply closing the edges of the wound, and holding them together so as to keep the air out. This may be done by sticking a piece of plaster on the closed wound, and keeping that plaster on till the part is completely well. The plaster has no healing property in itself—its entire use is to hold the edges of the cut together. A piece of linen rag may serve the same purpose, but the tying of it is apt to stop the circulation of the blood. If any dirt or foul substance has got into the cut, it must be carefully removed, otherwise the wound will fester, and not heal till it has been drawn and cleaned by a poultice.

HOW TO MAKE COLD CREAM.

This is a simple and cooling ointment, exceedingly serviceable for rough or chopped hands in winter, or for keeping the skin soft. It is very easily made. Take half an ounce of white wax, and put it into a small basin, with two ounces of almond oil. Place the basin by the side of the fire till the wax is dissolved in the oil. When quite melted, add two ounces of rose water. This must be done very slowly, little by little; and as you pour it in, beat the mixture smartly with a fork to make the water incorporate. When all is incorporated, the cold cream is complete, and you may pour it into jars for future use. This cold cream is much better than that which is usually sold in shops, and which is too frequently made of inferior ingredients.

SPERMACETI OINTMENT.

This is a cooling and healing ointment for wounds. Take a quarter of an ounce of white wax and half an ounce of spermaceti (which is a hard white material), and put them in a small basin with two ounces of almond oil. Place the basin by the side of the fire till the wax and spermaceti are dissolved. When cold, the ointment is ready for use. This is an article which it is also much better to make than to purchase. When you make it yourself, you know that it has no irritating or inferior materials in it.

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